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HOLIDAY FOODS



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HOLIDAY FOODS

Frances L. Reasonover and Mary K. Sweeten*

The flavor, color, temperature and texture of foods enhance holiday occasions. However, in addition to attractiveness and taste, nutrition and food safety are important considerations when planning holiday foods. For adequate nutrition, consider the basic food groupings and the daily requirements. In preparing foods, use storage and service practices that assure the food is safe to eat and that conserve energy.

Planning

Plan holiday meals with the same care as family meals. Include foods from the milk, meat, fruit-vegetable and bread-cereal groups. When eating holiday foods away from home, fit them into the day's total needs. If only refreshments are served, consider these foods when planning the next meal. For example, if the refreshments are rum cake and coffee, omit dessert at the next meal. If foods such as dips, chips, fruit and vegetable dippers are served, omit the salad and some of the bread and milk at the next meal.

When serving a large group, include some low-calorie foods, especially if some individuals are overweight. Prepare the food to accommodate diverse individual requirements. For example, if party quiche is served as a plate pie, let each person cut the amount desired, or cut in small servings and let guests go back for second servings.

Plan holiday foods for contrast in flavor, color, texture and temperature. Serve some bland and some strong flavored foods, some sweet and some sour, such as mashed potatoes and broccoli and sweet and sour pork. Choose different colored foods such as cauliflower and broccoli or tomatoes and lettuce. Include some crisp foods and soft foods, such as a crunchy vegetable salad and potato casserole or chips and dips. Serve some cold and some hot foods, such as ice cream and coffee.

*Respectively, former Extension foods and nutrition specialist, and Extension foods and nutrition specialist, The Texas A&M University System.

Storing

Store foods purchased for holidays as soon as possible. Avoid leaving fresh foods in the automobile for long periods after purchasing. Store fresh foods in the refrigerator or freezer immediately.

Preparing

Safety is a prime consideration when preparing holiday foods. Always use clean utensils and work surfaces. Avoid cross contamination by preparing foods not to be cooked away from such foods as raw meats and eggs. Be sure that chopboards, knives and working surfaces used for raw meats and eggs are washed thoroughly with hot soapy water before using for uncooked foods.

Serving

Keep hot foods hot and cold foods cold when serving. Refrigerate or freeze foods to be served cold as soon as they have been prepared and leave refrigerated foods until time to be served. Remove frozen foods such as parafait or ice cream from the freezer just before serving to make them easy to eat. If food is to be left at room temperature for more than an hour, serve cold foods over beds of ice. Keep hot foods in dishes such as a chafing dish or food warmer.

Clean-up

Put leftover foods back in the refrigerator as soon after the meal as possible. Foods should not be left out for more than 1 or 2 hours after serving.

Place garbage in disposal or garbage can and rinse dishes before placing them in the dishwasher or sink. Wash dishes in hot soapy water; rinse in hot water. Be sure dishes are rinsed free of soap.

Holiday Food Service Styles

Any food service style is appropriate at any time of the year, but certain styles are often used for certain seasons of the year. Seasonal activities suggest certain styles.

Special spring events include weddings and birthdays; typically, receptions, party buffets, teas and refreshment parties are given on such occasions.

Patriotic events and family reunions are popular in the summer when the weather is conducive to travel and outdoor activities. Barbecues and picnics dominate this season.

Fall activities include athletic events and festivals. Tailgate picnics, buffet meals and party refreshments are popular for feeding participants at these events.

Winter is characterized by religious holidays and club meetings. Food service styles appropriate for this season are family meals, buffets and covered dish meals.

Spring

Weddings and refreshment parties such as Valentine's Day, official birthdays and patriotic parties highlight spring.

In planning food for wedding festivities, family and regional customs are important, but the first consideration should be the wishes of the bride and groom. Generally popular are shower teas, a rehearsal dinner and the wedding reception but some families have wedding breakfasts, luncheons and dinners.

If the food is not catered, plan foods that can be prepared easily and served smoothly. Some convenience foods and foods that can be prepared ahead of time will save time and physical energy.

Food for refreshment parties such as Washington's and Lincoln's birthdays or birthday parties for family members and friends usually includes a cake and a beverage. Complementary foods such as ice cream, nuts, little sandwiches and pickles are sometimes included. Or, cheese dips with vegetable, fruit, chip or cracker dippers are also popular refreshments. Punch and floats as well as coffee and tea are popular beverages.

Menus

WEDDING RECEPTION

Fruit Punch Coffee

Apricot Punch with Fruit Surprise*

Chicken Liver Pineapple Cream Cheese
Sandwiches* Sandwiches*

Nuts Mints

Wedding Cake

Groom's Cake

BRIDAL SHOWER TEA

Cran-Orange Punch*

Coffee

Curried Chicken
Sandwiches*

Pineapple Cream Cheese
Sandwiches*

Nuts

Pastel Fudge*

Apricot Balls*

BIRTHDAY PARTY

Avocado Dip

Vegetable Dippers

Apricot Balls*

Peanut Butter Fudge*

Birthday Cake
(Black Angel Cake)*

Fruit Punch*

LINCOLN'S BIRTHDAY PARTY

Lincoln Log
(Chili-Cheese Log)*

Vegetable Dippers
and Chips

Fruit Punch*

VALENTINE PARTY

Valentine Meringue with Cherry Pie Filling*

Divinity*

Coffee



*Recipes for these items are printed in this publication.

Summer

Food takes center stage on the 4th of July and at family reunions. Covered dish meals, picnics or buffets make preparation and food service easy for these events.

Menus

4TH OF JULY BARBECUE

Barbecued Beef, Sausage, Pork or Chicken

Barbecue Sauce

Baked Beans

German Potato Salad*

Onion Slices

Pickles

Fruit Turnovers

Iced Tea

FAMILY REUNION

Fried Chicken

Potato Salad

Marinated Carrots*

Waldorf Salad

Relish Tray

Ice Cream Pie*

Iced Tea

Coffee



Fall

Football and basketball games, family reunions and Halloween dominate fall. Tailgate picnics are a natural for families attending the games. The station wagon tailgate makes a convenient table for serving the food. Buffet service is a convenient way to serve

family members and friends attending family reunions. Refreshments for parties and goodies for trick-or-treaters help make Halloween a special occasion.

Menus

FOOTBALL TAILGATE PICNIC

Hero Sandwiches

Peanut Butter and Jelly Sandwiches

Relishes

Cole Slaw

Mississippi Mud Cake*

Coffee

Chocolate

BUFFET REUNION MEAL

Cold Cuts—Ham, Salami, Cheese

Baked Beans

Potato Salad

Fresh Vegetable Relish —

Tomato Wedges, Carrot Strips

Pepper Slices, Cauliflower Flowerettes

Cantaloupe Slices, Watermelon Wedges

Heavenly Dessert*

Coffee

Tea

HALLOWEEN PARTY

Popcorn Balls*

Candied Apples*

Mexican Hot Chocolate*



Winter

Celebrating Thanksgiving and Christmas with dinners and covered dish meals makes the season special for families and friends. Clubs often celebrate these occasions with refreshment parties.

Thanksgiving means turkey, cranberries and pumpkin to many families. Ham, sweet potatoes, ambrosia salad and fruit cake are traditional foods for others. To some families, however, baked chicken, goose, roast beef or lamb are equally traditional.

The covered dish meal is popular because it gives large families, clubs or other groups an opportunity to eat together with ease. Cooking large quantities of food is difficult in most home kitchens, but cooking one tasty dish can be easy and fun, especially if it will be shared with family and friends. Foods prepared ahead simplify last-minute preparations.

Menus

THANKSGIVING DINNER

Baked Turkey Cornbread Dressing Giblet Gravy

Onions Supreme* Special Broccoli*

Pineapple-Orange Fruit Salad*

Crescent Rolls

Pumpkin Chiffon Pie*

Coffee Tea

CHRISTMAS EVE PARTY

Cocktail Size Tamales*

Guacamole Salad*

Pan de Polvo (Mexican Wedding Cookies)*

Mexican Hot Chocolate*

NEW YEAR'S EVE PARTY

Buñuelos*

Mexican Hot Chocolate*

CHRISTMAS BUFFET

Baked Ham

Orange Sweet Potatoes* Whole Green Beans
Amadine*

Cranberry Salad Mold*

Hard Rolls

Ambrosia Dark Fruit Cake*

Coffee Tea

COVERED DISH DINNER

Mexican Salad Chicken Tetrazini Meat and
Spaghetti

Guacamole Pineapple-Orange Marinated
Salad Salad Salad

Dilly Cornbread Carrot Bread Cheese Bread

Spanish Flan Heavenly Dessert Fruit Medley

Coffee Tea

CLUB REFRESHMENTS

Assorted Sandwiches Cheese Ball* Crackers

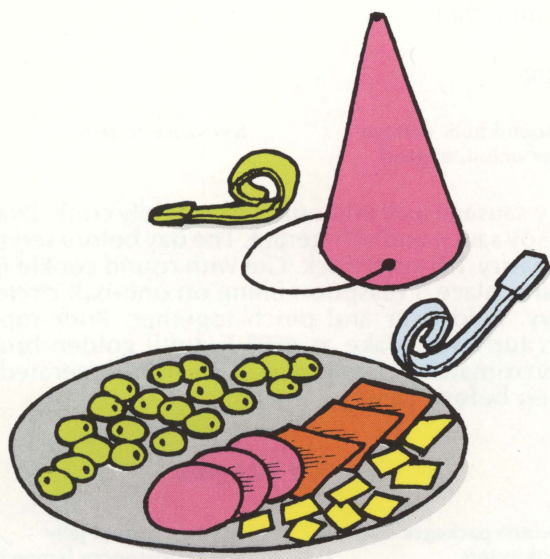
Vegetable-Fruit Relish Tray

Assorted Cookies and Candies

Coffee Punch



Appetizers



BROCCOLI DIP

- | | |
|-----------------------------------|--|
| 1 package chopped frozen broccoli | 1/2 teaspoon salt |
| 1/2 teaspoon salt | 1/8 teaspoon pepper |
| 1/4 cup water | 1/8 teaspoon hot sauce |
| 1 small onion, chopped | 1 teaspoon Worcestershire sauce |
| 2 tablespoons margarine | 1 4-ounce can mushrooms, stems and pieces, drained |
| 1 can cream of mushroom soup | 3/4 cup slivered almonds |
| 1 6-ounce roll garlic cheese | |

Cook broccoli with 1/2 teaspoon salt in 1/4 cup of water; drain and set aside. Saute onion in margarine. Add soup, cheese and seasonings; cook on medium heat until cheese melts. Add broccoli and cook 1 minute longer. Stir occasionally to mix ingredients. Add mushrooms and almonds. Serve hot with chips or crisp crackers. Makes 4 cups.

CAVIAR MOLD

- | | |
|---|---------------------------------|
| 1 envelope (1 tablespoon) plain gelatin | 6 hard-cooked eggs |
| 2 tablespoons cold water | 2 slices onion, grated |
| 2 tablespoons lemon juice | 2 teaspoon Worcestershire sauce |
| 1 cup mayonnaise | 1 small jar black caviar |

Soften gelatin in cold water and lemon juice; dissolve over hot water. Add to mayonnaise; mix with chopped egg, onion and Worcestershire sauce. Fold in caviar. Turn into small oiled mold and refrigerate overnight. Makes 10 to 15 servings.

CHEESE BALL

- | | |
|--|-------------------------------------|
| 2 8-ounce packages cream cheese | 2 cups pecans, chopped |
| 1 No. 2 can crushed pineapple, drained | 1/4 cup bell pepper, chopped |
| | 2 tablespoons onion, finely chopped |

Beat cheese with fork until smooth. Stir pineapple, 1 cup pecans, pepper, onion and salt to taste into cheese. Shape into ball and roll in remaining pecans. Chill.

CHEESE DAINTIES

- | | |
|---|-----------------------------|
| 1/2 cup butter or margarine | 1/4 teaspoon cayenne pepper |
| 1/4 pound (1 cup) grated sharp cheddar cheese | 1/4 teaspoon paprika |
| 1 1/2 cups flour | 1 teaspoon salt |
| 1 tablespoon Worcestershire sauce | 1 egg white |
| | Nuts |

Mix ingredients with electric mixer and then by hand until well blended. Shape into small balls. Place on ungreased cookie sheet. Press with fork. Brush nuts with slightly beaten egg white and place on top of each ball. Bake at 325° F. for 25 minutes. Yield: about 50.

CHILI-CHEESE LOG

- | | |
|--|--------------------------------------|
| 3/4 pound grated natural American cheese | 1/8 teaspoon pepper |
| 1 3-ounce package soft cream cheese | 1/8 teaspoon garlic salt |
| 1/4 teaspoon salt | 1 1/2 teaspoons Worcestershire sauce |
| | Chili powder |

Thoroughly combine cheeses, salt, pepper, garlic salt and Worcestershire sauce 3 or 4 days ahead. To mix easily, use electric mixer. Shape into 2 thin logs. On waxed paper sprinkled with chili powder, roll each cheese log, coating thoroughly with chili powder. Wrap; let ripen in refrigerator. Arrange log on board, slice and serve with assorted crackers. Leftovers keep well. Makes about 1 pound. Best if made 3 to 5 days before serving.

CHEESE LOG

1/2 pound grated sharp cheese	1 tablespoon minced pimiento
2 tablespoons minced onion	1 hard-cooked egg, shredded
3 tablespoons minced green pepper	1/2 cup saltines, finely crushed
3 tablespoons minced stuffed olives	1/4 cup mayonnaise
2 tablespoons minced pickles	1/2 teaspoon salt
	1 cup finely chopped pecans

Add ingredients as listed except pecans. Divide and form into 2 logs. Roll in finely chopped pecans. Wrap in aluminum foil and store in refrigerator. Slice and serve with crackers.

PARTY CHEESE BALL

2 8-ounce packages cream cheese	1 teaspoon finely chopped onion
1 8-ounce package cheddar cheese, grated	1 teaspoon lemon juice
1 tablespoon chopped pimiento	2 teaspoons Worcestershire sauce
1 tablespoon chopped green pepper	Dash of cayenne pepper
	Dash of salt
	Pecans, finely chopped

Cream the cream cheese; add the grated cheese and mix until well blended. Add other ingredients and mix well. Shape into a ball; roll into finely chopped pecans. Wrap and chill for 24 hours in refrigerator.

HAM DIP

1 8-ounce package cream cheese	1/2 cup pecans, walnuts or almonds
1 4 1/2-ounce can deviled ham	1 teaspoon onion powder
1/2 teaspoon salt	1 teaspoon curry

Mix all ingredients and put in refrigerator. May be thinned with mayonnaise or sour cream, shaped into 1/2-inch roll and sprinkled with green onions, parsley or chopped chives. May be stored in the refrigerator up to 1 week.

PARTY QUICHE

12 to 16 pieces bacon	2 cups half-and-half cream
2 cups chopped ham	6 eggs, beaten with fork
2 onions, finely chopped	Sprinkle of nutmeg
2 cups shredded Swiss cheese	1/2 teaspoon dry mustard
2 cups shredded cheddar cheese	1/2 teaspoon salt
2 tablespoons flour	2 baked 9" pie crusts

Fry bacon; reserve drippings. In drippings, saute onions. Then fry chopped ham in drippings for about 5 minutes. Layer crumbled bacon, ham and onions into 2 baked pie crusts. Then toss flour with cheeses to coat. Layer this mixture over the bacon, ham and onion mixture. Warm half-and-half; to this add eggs beaten with a fork until well mixed plus a sprinkle of

nutmeg, dry mustard and salt. Pour this mixture onto meat and cheese layers and let set for 10 minutes. While mixture is setting, additional nutmeg, paprika and parsley may be added for extra flavor and color. Bake at 350° F. for 30 minutes.

EMPANADAS

Pastry

1 stick margarine	1 cup flour
1 3-ounce package cream cheese	

Mix and chill.

Filling

1/2 pound bulk sausage	Soy sauce to taste
1 large onion, minced	

Fry sausage and add onion to partially cook. Drain; add soy sauce and refrigerate. The day before serving, roll pastry 1/8-inch thick. Cut with round cookie cutter and place 1 teaspoon filling on one-half circle of pastry. Fold over and pinch together. Prick top of each turnover. Bake at 450° F. until golden brown (approximately 15 minutes). Can be refrigerated or frozen before baking.

FANCY FRANKS

2 7-ounce packages cocktail frankfurters	1/2 cup currant jelly
1 13 1/2-ounce can pineapple chunks, drained	1 1/2 tablespoons lemon juice
1/2 cup chili sauce	1 1/2 teaspoons prepared mustard

Combine all ingredients in skillet and simmer 15 minutes. Serve warm with wooden picks. Half a lime on a small dish is a colorful holder for the picks.

FRENCH FRIED SAUERKRAUT BALLS

1/4 pound cooked ham	1 cup flour
1/4 pound cooked corned beef	1/2 teaspoon salt
1/4 pound bulk sausage (raw)	1/4 teaspoon dry mustard
1/3 cup onions, finely chopped	1 cup milk
	1 pound canned sauerkraut, drained

Grind ham and corned beef (fine). Fry pork sausage until brown. Add ground ham and corned beef and continue cooking until heated. Sift flour, salt and mustard together; add all at once to meat mixture, stirring constantly to combine ingredients. Add milk; continue stirring and cook 2 to 5 minutes until mixture thickens. Remove from heat and add drained sauerkraut; mix well. Chill. Form into balls; dip in flour, then in mixture of 1 beaten egg, 2/3 cup milk, 3/4 teaspoon salt. Roll in bread crumbs. Fry in deep fat at 360° F. for 1 1/2 minutes or until golden brown. Drain on paper towels. Serve hot. Makes 75 balls.

SHRIMP SUBLIME

Make a sauce of

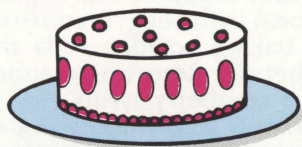
3/4 pint mayonnaise
Dash hot sauce
2 tablespoons sour cream
4 large packages cream
cheese

Juice of 4 lemons
1 large onion, grated
4 teaspoons Worcestershire
sauce

Add 5 pounds of cooked shrimp to the sauce; chill. Remove from refrigerator 1 hour before serving. If sauce is too thick, thin with sour cream.



Beverages



FRUIT PUNCH

5 6-ounce cans frozen orange juice	3 pounds sugar
5 6-ounce cans frozen lemonade	6 bottles carbonated lemon-lime drink
3 3-ounce cans frozen limeade	1 gallon water
	3 tablespoons almond extract

Heat 1 gallon of water with 3 pounds of sugar; add orange juice, lemonade and limeade to water mixture. Just before serving, add carbonated lemon-lime drink and almond extract. Serves 75 to 100.

APRICOT PUNCH

2 large cans of apricots put through a sieve, or 2 large cans apricot nectar	1 quart ginger ale
4 cups orange juice	1 1/2 gallons lime or orange sherbet
2 cups lemon juice	Sweetener may be added if desired

Press apricots through sieve; put aside. Mix orange juice, lemon juice and sweetener, if desired, and place in a large container. Add apricots, ginger ale and sherbet to juice mixture. Makes approximately 50 servings.

CRAN-ORANGE PUNCH

2 6-ounce cans frozen orange juice	1 7 1/2-ounce bottle 100% pure lemon juice
2 6-ounce cans water	3 large bottles carbonated lemon-lime drink
1 48-ounce can cranberry juice	

Add red food coloring as needed. Serves approximately 60 persons.

EASY HOT CRANBERRY PUNCH

1 quart canned cranberry juice	1 teaspoon whole cloves
2 cups canned pineapple juice	1/4 teaspoon allspice
1 cup canned apricot nectar	2 cinnamon sticks

Pour liquid ingredients into bottom of electric percolator. Place dry ingredients into coffee basket. Cover. Perk. Serve hot. Any leftovers can be stored in a glass jar in the refrigerator and served cold over ice.

OLDE VIRGINIA WASSAIL

2 quarts of sweet apple cider	1 stick whole cinnamon
2 cups orange juice	1 tablespoon whole cloves
1 cup lemon juice	Sugar or honey to taste
2 No. 2 cans pineapple juice	(try 1/2 cup)

Combine ingredients and bring to a simmer. Strain and serve hot.

MULLED APPLE CIDER

2 sticks cinnamon
A few cloves

2 jugs apple cider (1 gallon
and 1 quart)

Put all ingredients in a saucepan; heat until bubbles form on the bottom of the pan. Cool and serve. Serves about 20. May be served hot.

MEXICAN HOT CHOCOLATE

6 ounces semi-sweet
chocolate, grated

6 cups milk
1 teaspoon cinnamon

Mix chocolate and milk in small pan over low heat. Stir until the chocolate is melted and steaming; then stir in the cinnamon. To make the chocolate frothy, beat with a whisk or a molinillo (wooden beater, twirled between your palms). Serve hot or cold. If served hot, stir well before pouring into glasses and adding ice cubes.

BANANA FRUIT PUNCH

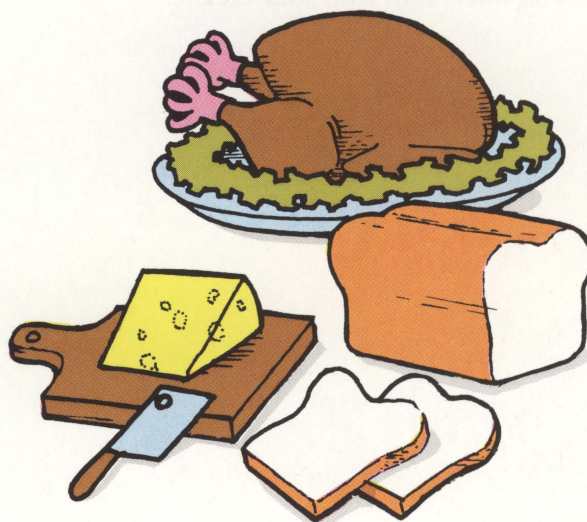
5 ripe bananas
1 46-ounce can pineapple
juice
1 12-ounce can frozen orange
juice
1 12-ounce can frozen
lemonade

4 cups sugar
6 cups water
1 24-ounce bottle of ginger
ale, chilled

Mash bananas thoroughly and combine with juices. Combine sugar and water and boil for about 5 minutes. Cool. Add to banana mixture. Divide into 3 half-gallon containers and freeze. Two hours before using punch concentrate, remove from freezer. To serve, add ginger ale and mix well into frozen juice. Makes 50 cups.



Breads



CRANBERRY-ORANGE BREAD

1 cup sugar
3 tablespoons butter or
margarine
1 egg
Grated peel of 1 large orange
3 cups whole wheat flour
2 teaspoons baking powder

1 teaspoon soda
1 teaspoon salt
1 can (1 pound) whole
cranberry sauce
Juice of 1 large orange
1 cup broken walnuts
1/2 cup wheat germ

Cream together thoroughly the sugar and butter and beat in the egg; blend in orange peel. Blend flour with baking powder, soda and salt; set aside. Drain cranberries. Reserving cranberries, add orange juice to the cranberry syrup. Add this juice combination alternately with the dry ingredients to the creamed mixture, blending after each addition. Stir in cranberries, walnuts and wheat germ. Turn into 5" x 9" greased loaf pan. Bake at 350° F. for 60 minutes or until it tests done. Cool before slicing. Makes 1 loaf.

SIX WEEKS BRAN MUFFINS

3 cups all bran cereal	2 1/2 cups flour
1 cup boiling water	2 1/2 teaspoons soda
1/2 cup oil	1 teaspoon salt
1 1/2 cups sugar	2 cups buttermilk
2 eggs, beaten	

Pour boiling water over bran cereal and let stand while mixing other ingredients. Cream oil and sugar; add beaten eggs and beat together. Add buttermilk and bran mixture. Sift together flour, soda and salt and beat into bran mixture. Store dough in refrigerator. Bake when needed at 400° F. for 15 to 20 minutes. Dough will keep in refrigerator for 6 weeks. Makes about 3 dozen muffins.

PUMPKIN MUFFINS

3/4 cup frozen pumpkin, thawed, or canned or fresh	1/2 cup brown sugar
2 cups flour	1/2 cup raisins or chopped nuts, if desired
3 teaspoons baking powder	1 egg, beaten
1 teaspoon salt	1/3 cup milk
1 teaspoon cinnamon	1/4 cup molasses
1/4 teaspoon ginger	1/3 cup melted shortening or oil
1/4 teaspoon nutmeg	
1/4 teaspoon allspice	

Sift flour, baking powder and seasonings together. Stir in brown sugar and raisins (or nuts). Combine milk, pumpkin, egg, molasses and shortening thoroughly. Add the pumpkin mixture to a well in the center of the dry ingredients and stir only until dry ingredients are all moistened. Fill greased muffin pans about 2/3 full of batter and bake at 400° F. about 25 minutes or until done. Yield: 12 muffins.

SCANDINAVIAN CINNAMON COFFEE ROLLS

4 cups unsifted flour	1/4 cup very warm water (110° to 115° F.)
1 teaspoon salt	
1/2 cup sugar	3 egg yolks, beaten
1 cup soft margarine	1 cup lukewarm milk, scalded then cooled
1 package active dry yeast	

Add flour, salt and sugar to large bowl. Cut in margarine with pastry blender or two knives until mixture looks like meal. Dissolve yeast in very warm water. Add to flour mixture along with egg yolks and cooled milk. Beat well. Chill in refrigerator overnight. Grease well about 24 medium muffin cups or round cake pan. For muffins, roll one-half chilled dough into rectangle, 12" x 10". Brush with melted margarine, sprinkle with mixture of 1/4 cup sugar and 3/4 teaspoon cinnamon. Beginning at wide side, roll as for jelly roll. Cut roll into 1" slices. Place in muffin cups. Roll and cut other half of dough same way. Cover; let rise in warm place (85° F.) about 1 hour. Dough will not double in bulk, but will rise slightly and look light. Bake at 375° F. for 20 to 25 minutes until golden brown. Remove from pans while hot and frost with orange glaze.

Orange Glaze

Mix 1 1/2 cups sifted confectioners sugar, 2 tablespoons soft margarine, 1 1/2 teaspoons vanilla and 1 to 2 tablespoons orange juice to make medium thick glaze. Frost rolls while hot.

CARROT BREAD

1 cup sugar	2/3 cup salad oil
2 eggs, unbeaten	1 1/2 cups sifted flour
3 teaspoons baking powder	1 teaspoon salt
1 teaspoon cinnamon	1 teaspoon vanilla
1 cup grated raw carrots	1/2 cup chopped walnuts

Mix sugar and oil; add eggs one at a time, beating after each addition. Add sifted dry ingredients to this mixture. Add carrots, packed firmly. These may be grated or put through food grinder using finest blade. Add vanilla and walnuts. Turn into well greased loaf pan, 9 1/2" x 5 1/2" x 3". Bake at 350° F. for 1 hour. This loaf improves with aging for a day or so.

DILLY CORNBREAD

1 small onion, chopped	1 cup shredded sharp process American cheese
1 tablespoon butter or margarine	1 teaspoon dill seed
1 package corn muffin mix or cornbread mix	

Cook onion in butter until tender, but do not brown. Prepare mix according to directions on package; spread batter in a greased hot 10" x 6" x 1 1/2" baking dish. Sprinkle cheese evenly over batter; dot all over with the onion-butter mixture and sprinkle with dill seed. Bake at 350° F. for 20 minutes or until done. Serve at once.

YAM SWEET BREAD

1 1/2 cups mashed yams, canned or fresh	1/2 teaspoon cinnamon
1 1/4 cups sugar	3/4 teaspoon salt
2/3 cup salad oil	1/4 teaspoon nutmeg
3 eggs	1 cup chopped walnuts or pecans
1 3/4 cups sifted all-purpose flour	1 cup raisins or pitted and sliced prunes
2 teaspoons baking powder	

In large bowl, add mashed yams to sugar, oil and eggs and mix until smooth. In another bowl, sift together flour, baking powder, salt and spices. Add raisins and nuts to coat them. Slowly stir dry ingredients into yam mixture. Turn into greased and floured 9" x 5" loaf or fluted pan. Bake at 350° F. approximately 1 1/2 hours or until bread tests done. Cool 30 minutes and remove to rack to finish cooling.

CHEESE BREAD

Dough

2 packages dry yeast
1 cup milk, lukewarm (110° to 115° F.)
1/2 teaspoon plus 1 table-
spoon dry yeast

3 1/2 to 4 cups all-purpose
flour
2 teaspoons salt
1/4 pound stick butter or
margarine, softened

Place the milk in a large bowl; add the yeast and sugar; stir until blended. Allow mixture to stand in a warm place until bubbly. Add 3 cups of flour, the salt and the butter. Stir vigorously until the dough is smooth. Place dough on lightly floured board and knead until dough is smooth and elastic. As needed, use remaining measured flour to prevent dough from sticking to the board. Place the kneaded dough in a lightly greased bowl; dust dough lightly with flour. Cover bowl with towel. Allow dough to relax for 10 minutes.

Filling

2 pounds Muenster or Ameri-
can cheddar cheese, finely
grated

2 tablespoons butter or
margarine, softened
1 egg

Additional filling for tarts

1 egg, lightly beaten

2 tablespoons coriander
(cilantro), chopped

Combine the grated cheese, butter and egg in a large mixing bowl. Beat vigorously with a large spoon until smooth; then puree in a blender or food chopper.

To Combine Dough and Filling

To make a round loaf, punch down the dough with a sharp blow of the fist. Roll dough into a circle about 22 inches in diameter. Butter a 9" layer cake pan (1 1/2" deep). Center circle of dough in cake pan, allowing the edges of the circle to lie over the edges of the cake pan. Fold dough into quarters to ease into pan. Fill dough with cheese mixture; mound cheese mixture slightly in center. Bring edges of dough to center; try to pleat dough evenly as edges are brought to center. Finally gather together ends of dough that meet in the center and twist them into a small knob. Set loaf aside to rest for 10 minutes. Bake at 375° F. for 1 hour or until golden brown.

For Individual Tarts

Roll dough into a 24-inch circle; cut 48 rounds with a 4 1/2-inch cookie cutter. Butter a cookie sheet. Place 2 tablespoons filling on each round; shape cheese into a diamond. With fingers roll edges of the dough up over edge of filling, following the diamond shape. Pinch each of the 4 corners to perfect diamond shape. Place tarts on baking sheets; brush dough lightly with beaten egg; allow to rest for 10 minutes. Bake at 375° F. for 20 to 25 minutes until golden brown. Sprinkle with chopped coriander. Serve warm.

DATE NUT BREAD

1 cup dates, pitted, cut into
1/4-inch pieces
1 cup sugar
1 cup boiling water
1/2 cup vegetable shortening
2 eggs, well beaten

2 cups flour
1 1/2 teaspoons soda
1 cup pecans or walnuts,
coarsely chopped
1 teaspoon vanilla
1/2 teaspoon salt

Place dates and sugar in a large mixing bowl. Add shortening to boiling water; heat until shortening is melted; add to dates. Stir mixture until sugar dissolves. Cool slightly. Add vanilla. Add eggs; sift flour with soda and salt; add to date mixture; stir until blended. Batter may be lumpy. Add nuts. Pour batter into a well-greased 9" x 5" loaf pan. Bake at 325° F. for 1 hour or until center of loaf springs back to touch. Cool. May be wrapped in foil and stored in the freezer.

TOAD-IN-THE-HOLE

1 1/2 cups flour
1/2 teaspoons salt
3 eggs

1 1/2 cups milk
Black pepper, freshly ground
1 pound pork sausage links

To make batter in a blender, combine the flour, eggs, milk, salt and a few grindings of pepper in the blender jar; blend at high speed for 2 to 3 seconds. Turn off machine; scrape down sides of jar; blend again for 40 seconds. Refrigerate batter at least 1 hour. *To make batter by hand:* Beat eggs with salt until eggs are frothy; slowly add the flour, beating constantly. Pour in the milk in a thin stream; beat until the mixture is smooth and creamy. Refrigerate batter at least 1 hour. Place sausage links in a single layer in a heavy skillet. Prick each sausage one or two times with a fork. Sprinkle sausages with 2 tablespoons of water; cover pan tightly. Cook over low heat for 3 minutes. Remove cover; increase heat to moderate. Continue to cook sausages until they begin to brown in their own fat. Turn sausages with tongs to brown evenly. Arrange sausages in a single layer in a 6" x 10" x 2" baking pan; space an inch apart. Spoon 2 tablespoons of drippings over sausages; pour batter over carefully. Place pan in center of oven. Bake at 400° F. for 30 minutes or until pudding has risen to top of the pan and is crisp and brown at once.



Cakes



BLACK ANGEL CAKE

- | | |
|------------------------------|----------------------------|
| 2/3 cup cocoa | 1 cup buttermilk |
| 2/3 cup water | 2 cups flour, sifted |
| 1 teaspoon baking soda | 1 teaspoon baking powder |
| 1/2 cup butter or margarine | 1/8 teaspoon salt |
| 2 cups sugar | Egg whites from 2 large or |
| 2 large or 3 small egg yolks | 3 small eggs, beaten stiff |

Dissolve cocoa in water over low heat; add 1 level teaspoon baking soda. While this is cooling, cream butter, sugar and egg yolks. Beat well; add buttermilk. Then add chocolate mixture and flour sifted with baking powder and salt. Stir until smooth; add beaten egg whites. Bake in 2 paper-lined 9" x 1 1/2" round layer pans or 13" x 9" x 2" oblong pan at 350° F. for 25 to 30 minutes. Frost with Mocha-Chocolate Frosting.

Mocha-Chocolate Frosting

- | | |
|--------------------------|-----------------------------|
| 5 tablespoons cocoa | 1 teaspoon vanilla |
| 6 tablespoons hot coffee | 3 cups sifted confectioners |
| 6 tablespoons butter or | sugar |
| margarine | |

Combine cocoa and coffee; add butter and vanilla; beat until smooth. Add sugar gradually until spreading consistency. Will frost tops and sides of two 9" layers.

FUNNEL CAKES

- | | |
|--------------------------|------------------------------|
| 2 cups unsifted flour | 2 eggs, slightly beaten |
| 1/4 teaspoon salt | 1 to 1 3/4 cups milk (batter |
| 1 tablespoon sugar | should pour easily) |
| 1 teaspoon baking powder | Maple syrup or molasses for |
| | serving |

Preheat oven to lowest setting. Line 2 large baking sheets with paper towels; place in center of oven. Pour 1 1/2 to 2 inches vegetable oil into a heavy skillet. Heat oil to approximately 375° F., hot but not smoking. Combine flour, sugar, baking powder and salt; sift together into a deep bowl. Blend eggs with 1 cup milk; make a well in center of dry ingredients; add egg and milk. Gradually add the dry ingredients; stir until batter is smooth. To make the cakes, use a funnel with top 1/2" diameter. Keep spout closed as 1/2 cup of batter is poured into the funnel. Dribble the batter into hot oil; move funnel in a circle to build a snail-like coil of 3 or 4 rings about 6 inches in diameter. Form 2 or 3 cakes; fry approximately 2 minutes on each side; turn once with a slotted spoon. When cakes are brown, arrange side by side on paper-lined pans; keep warm in oven. Repeat procedure 4 or 5 times, using 1/2 cup batter for each batch. If batter becomes stiff, add up to 1/4 cup more milk, 1 tablespoon at a time. Serve the cakes warm with molasses or maple syrup.

PRUNE CAKE

- | | |
|-----------------------------|-----------------------------|
| 1 cup sugar | 1/2 cup butter or margarine |
| 1 cup flour | Pinch of salt |
| 1 cup mashed, cooked prunes | 1 teaspoon soda |
| 3 eggs, beaten | 4 tablespoons sour cream |

Cream sugar and butter together, add eggs and sour cream. Sift together flour, salt and soda. Mix lightly into creamed mixture. Fold in mashed prunes. Pour into well greased and floured loaf pan or two layer pans. Bake at 375° F. for 20 to 25 minutes.

COCONUT POUND CAKE

- | | |
|-------------------|----------------------------|
| 1 pound margarine | 2 teaspoons vanilla |
| 3 cups sugar | 2 teaspoons lemon juice |
| 9 eggs | 2 teaspoons almond extract |
| 3 cups flour | 1 can coconut |

Cream margarine and sugar; add sugar 1/2 cup at a time. Add eggs one at a time, beating well after each addition. Then add flour a little at a time; beat well; add flavoring. Add coconut, stirring in with spoon. Bake at 325° F. for 1 hour and 15 minutes.

DARK FRUIT CAKE

Soft shortening	1 1/2 tablespoons cocoa and
Whole candied cherries	1/2 teaspoon margarine
1 cup sifted all-purpose flour	2 tablespoons lemon juice
1 1/2 cups raisins, seedless	2 tablespoons orange juice
1/2 teaspoon ground nutmeg	1/4 cup candied orange peel,
3/4 teaspoon ground	diced
cinnamon	1/4 cup candied lemon peel,
3/4 teaspoon cloves	diced
1/4 teaspoon baking soda	3/4 cup candied citron peel,
1/2 cup soft butter or	diced
margarine	1/2 cup candied pineapple
1 cup brown sugar, firmly	1/2 cup candied cherries
packed	1 cup pecan halves
3 eggs, separated	
1/2 square chocolate,	
unsweetened, melted or	
substitute	

Make any time up to 1 month ahead.

Grease well a 2-quart fluted mold, measuring at least 7 inches in diameter across the base. Line with wax paper and grease the paper. Dip whole cherries in soft shortening; lay in ring around outer edge of mold bottom. In a large mixing bowl, combine 1/2 cup flour with the raisins, candied fruits and pecans. Sift the remaining 1/2 cup flour with the nutmeg, cinnamon, cloves and baking soda to blend. In a large bowl and with an electric mixer at high speed, cream butter and sugar until fluffy. Add egg yolks, one at a time. Beat well after each addition. Set mixer on low speed and add melted chocolate. Alternately beat in flour-spice mixture and fruit juices. Beat just until smooth. Stir above mixture into raisin-candied fruit mixture. Beat egg whites stiff and then fold into cake mixture. Pour into mold. Bake 1 hour and 35 minutes at 300° F. or until cake tester inserted in center comes out clean. Cool on wire rack one-half hour and then loosen edges and unmold. Wrap cake tightly in foil or in a cloth saturated with brandy. Refrigerate or freezer wrap and freeze. (Two days before using, thaw wrapped cake at room temperature; then refrigerate.) Glaze and serve cake.

REFRIGERATOR FRUIT CAKE

1 pound whole pecan halves	1 can coconut
1/2 pound whole English	2 packages vanilla wafers
walnuts	(7 1/4-ounce size)
1 pound dates	1 can sweetened condensed
3/4 pound candied cherries	milk
1/2 pound candied pineapple	
(sliced)	

Heat milk until warm, then add crushed vanilla wafers. Put a pecan half into each date. Add fruit and nuts to milk mixture. Line loaf pan with wax paper and press into pan. Let set at least 1 week in refrigerator before serving. Serve in thin slices. May use other fruit. One cup candied pears added to this recipe makes the cake even more tasty.

GLAZED FRUIT CAKE

3/4 cup dried apricots	3/4 cup pitted ready-to-eat
3/4 cup water	prunes
1 1/2 cups sugar	3/4 cup candied cherries
3/4 cup flour	3 cups nuts (halves or large
1/2 teaspoon baking powder	pieces)
1/2 teaspoon salt	3 eggs
3/4 cup pitted dates	1 teaspoon vanilla

Simmer apricots in water for 5 minutes. Add 3/4 cup sugar and cook slowly 10 minutes longer until apricots are transparent and glazed. Lift out of syrup with a fork and drain well on a wire rack. Save syrup to glaze cake. Sift flour with remaining 3/4 cup sugar, baking powder and salt. Combine whole prunes, dates, cherries, nuts and apricots. Add to apricot mixture and mix gently. Beat eggs with vanilla. Add flour mixture and mix carefully to avoid breaking fruit. Turn into greased 9" square pan. Bake at 300° F. about 1 1/2 hours, until cake is set in center. Cool in pan. When cake is cold, turn out on plate and brush with heated syrup from glazing apricots.

DREAMLAND CAKE

First Mixture

1 cup flour	1/8 teaspoon salt
1/2 cup butter or margarine	

Mix like shortbread and spread 1/8" to 1/4" thickness in baking pans.

Second Mixture

3 eggs	1 cup coconut
1 1/2 cups brown sugar	1 cup dates, chopped
1 1/2 teaspoons baking	1 cup candied cherries
powder	1 1/2 teaspoons vanilla
1 cup walnuts, chopped	

Pour second mixture over the first. Bake at 325° F. for about 40 minutes. Ice with butter icing. Cut in squares.

PAN DE POLVO

(Mexican Wedding Cookie)

2 sticks cinnamon	1/2 teaspoon baking powder
1/2 tablespoon of anise seed	1 pound shortening
1 1/2 cups water	Mixture of 1/2 cup sugar and
6 cups sifted flour	1 teaspoon cinnamon
1/2 cup sugar	

Prepare tea by boiling cinnamon, anise seed and water together for about 5 minutes. Sift flour, sugar and baking powder together in large bowl. Cut or work in shortening. Gradually mix in approximately 1 cup tea to make a soft dough. Shape into rings around forefinger or roll between waxed paper and cut out into desired cookie shape. Bake at 350° F. for about 1 minutes on ungreased cookie sheet until slightly brown. While hot, dust with sugar and cinnamon mixture.

FIG CAKE

3 cups flour	2 cups sugar
1 teaspoon salt	1 1/2 sticks margarine (3/4 cup)
1 teaspoon soda	1 cup buttermilk
1 teaspoon nutmeg	1 pint fig preserves
1 teaspoon allspice	2 or more cups pecans
1 teaspoon cloves	
1 teaspoon cinnamon	

Sift salt, soda, nutmeg, allspice, cloves and cinnamon with flour. Cream sugar and margarine. Blend in flour with buttermilk. Add fig preserves and pecans. Bake in fluted pan at 325° F. for 1 hour.

MISSISSIPPI MUD CAKE

2 sticks butter or margarine	4 eggs, slightly beaten
1/2 cup cocoa	Pinch of salt
2 cups sugar	1 1/2 cups chopped nuts
1 1/2 cups all-purpose flour	1 recipe Chocolate Frosting
1 teaspoon vanilla	Miniature marshmallows

Melt butter and cocoa over medium heat. Remove. Stir in sugar and eggs. Mix well. Add flour, salt, nuts and vanilla, stirring well. Turn into greased and floured 13" x 9" x 2" pan. Bake at 350° F. for 30 to 40 minutes, testing at the end of 30 minutes. As soon as cake is taken from the oven, sprinkle top with miniature marshmallows and spread with Chocolate Frosting.

Chocolate Frosting

1 pound confectioners sugar	1/2 cup milk
1/2 stick soft butter or margarine	1/3 cup cocoa

Mix ingredients together until smooth.

STRAWBERRY CAKE

1 package (18 1/2-ounce) yellow or white cake mix	1 package (10-ounce) frozen sliced, sweetened strawberries, thawed, or 1 pint fresh, sliced strawberries with 1/2 cup sugar
1 package (3-ounce) strawberry gelatin	1/2 pint heavy cream, whipped
3/4 cup vegetable oil	1 tablespoon sugar
1 cup chopped nuts	
4 eggs	
2 tablespoons flour	

Combine cake mix, strawberry gelatin, vegetable oil, nuts, eggs, flour and strawberries in large bowl. Beat with electric mixer at medium-high speed for 3 minutes or until well blended. Pour batter into greased 10" angel food cake pan or 10" fluted pan and bake at 350° F. for 55 to 65 minutes or until a cake tester poked in center comes out clean. Cool for 10 minutes on rack. Turn out of pan to cool completely. Serve plain or with sweetened whipped cream. Makes 10 to 12 servings.

PUMPKIN ORANGE SPICE CAKE

1 package (16-ounce) frozen pumpkin, thawed	1 teaspoon baking powder
1/2 cup shortening	1 teaspoon baking soda
1 1/4 cups sugar	1/4 teaspoon salt
1 egg	1 teaspoon cinnamon
1 cup raisins	1/2 teaspoon ground cloves
1 cup finely chopped nuts	Juice of 1/2 large or 1 medium orange
Grated rind of 1 orange	1 1/2 tablespoons lemon juice
1 3/4 cups cake flour	

Cream shortening and gradually cream in 1 cup sugar until thoroughly combined. Add egg and beat well. Chop or put raisins through food grinder and combine them with pumpkin, nuts and grated orange rind. Add this pumpkin mixture to shortening-sugar-egg mixture and combine well. Sift flour with baking powder, baking soda and seasonings; add to pumpkin mixture and mix well. Pour batter into two 8-inch square baking pans and bake at 350° F. about 35 minutes or until done. As soon as cake comes out of oven, combine orange juice and lemon juice with remaining 1/4 cup sugar and stir until sugar is dissolved. Pour this syrup over cake. This cake needs no frosting, but a delicious topping may be prepared by heating cream cheese with a small amount of cream, adding grated orange rind to taste. Or cut cake into serving pieces and top with whipped dessert topping. Yield: 10-12 servings.

SCRATCH CAKE

1/2 cup butter or margarine	4 eggs, well beaten
1/2 cup shortening	3 cups cake flour
1 3/4 cups sugar	3 teaspoons baking powder
1 teaspoon vanilla	1/8 teaspoon salt
1/2 teaspoon lemon flavoring	1 cup milk

Cream thoroughly butter or margarine, shortening and sugar. Add vanilla and lemon flavoring and beaten eggs. Mix well. Sift together flour, baking powder and salt. Add flour mixture and milk to shortening mixture alternately, beginning and ending with the flour mixture. Pour in 3 well greased and floured round or square cake pans. Bake at 375° F. for 25 to 30 minutes. Cool on cooling racks. Frost with Lemon Frosting.

Variation: Add 2 squares of melted chocolate to milk and use 2 teaspoons less of butter or margarine.

Lemon Frosting

2 1/2 cups powdered sugar	1/4 cup lemon juice
1/4 cup melted butter or margarine	1 tablespoon cream or evaporated milk
1/8 teaspoon grated lemon rind	

Combine all ingredients and beat until smooth. If too thick, add a little more cream or milk. If too thin, add a little more powdered sugar.

Candies



DIVINITY

First Mixture

3 cups sugar
3/4 cup water

1 cup corn syrup
3 egg whites, beaten stiff

Second Mixture

1 cup sugar
1/2 cup water

1 teaspoon vanilla
1 cup coarsely chopped nuts

Cook sugar, water and corn syrup of First Mixture until it forms a fairly hard ball, 250° F. on candy thermometer, stirring only until sugar dissolves. Remove from heat. Pour slowly with constant beating over egg whites. At this time start Second Mixture, cooking to a very hard ball, 265° F. Pour in first mixture which has been beaten all the while. Continue beating until candy begins to hold its shape. Add vanilla and nuts. Pour into greased pans. Cut into squares when cold. Candy may be shaped into a loaf or formed into irregular pieces by dropping from tip of spoon on greased paper. Yield: 64 1 1/4-inch squares.

CHOCOLATE FUDGE

2 cups sugar
3/4 cup milk
2 squares bitter chocolate
OR 6 tablespoons cocoa
2 tablespoons white corn syrup

1/4 teaspoon salt
2 tablespoons butter or margarine
1 teaspoon vanilla
1 cup pecans

Mix sugar, cut-up chocolate or cocoa and corn syrup; cook without stirring until a soft ball is formed in cold water, 234° F. Remove from heat and add butter or margarine and vanilla. Do not stir until the mixture is cool. Beat until creamy and add nuts. Pour into buttered pan and cut in squares.

PASTEL FUDGE

1 1/2 pounds white chocolate
1 14-ounce can sweetened condensed milk
Dash salt
1 1/2 teaspoons peppermint or almond extract

1/2 cup chopped nuts, optional
A few drops red or green food coloring, optional

In top of double boiler, melt chocolate over boiling water, stirring occasionally. Remove from heat; stir in sweetened condensed milk, salt, extract (if desired), nuts and food coloring. Spread mixture evenly in waxed paper-lined 8" x 8" baking pan. Chill 2 hours or until firm. Turn fudge onto cutting board; peel off paper and cut into squares. Store in tightly covered container. Makes about 2 pounds.

CHANUKAH FRUIT BALLS

1 pound dates, cut up
1 pound candied red and green cherries, cut up
1 pound candied pineapple, cut up

1 pound chopped nuts
1/4 pound shredded coconut
1 can sweetened condensed milk
2/3 cup flour

Combine all ingredients in mixing bowl. Wet hands and shape mixture into 1-inch balls. Arrange on cookie sheet and bake at 350° F. for 15 to 20 minutes. Makes 6 dozen.

CHOCOLATE ACORNS

1 cup melted butter (2 sticks)
3/4 cup brown sugar
1 teaspoon vanilla
1/4 cup chopped pecans
2 1/2 cups sifted flour

1 teaspoon baking powder
1 large chocolate bar OR
1 6-ounce package semi-sweet chocolate pieces
3/4 cup finely chopped nuts

Stir sugar, vanilla and pecans into melted butter. Sift together flour and baking powder. Add to butter mixture. Form into 42 balls using 1 teaspoon for each. Flatten one end by pressing onto greased cookie sheet and pinch top to resemble acorn. Bake at 350° F for 15 minutes. Cool. Melt chocolate over hot water. Dip flat end of cookie into chocolate, then into finely chopped nuts. Store in airtight container. May also be frozen. Makes 3 1/2 dozen.

APRICOT BALLS

- | | |
|------------------------------|---------------------------|
| 1 pound dried apricots | 1 1/2 cups coconut |
| 1 whole thick-skinned orange | 1 1/2 cups powdered sugar |
| 2 cups sugar | |

Grind apricots and whole orange, including peel, with fine blade. Place in a saucepan with sugar. Cook over low heat until thick. Cool completely. Add coconut. Place powdered sugar in a small bowl; drop small amounts of apricot mixture from teaspoon and roll in sugar to form a small ball. Place on wax paper and allow to dry. These are best made a day in advance and will keep for a few weeks. Yield: About 36 balls.

COCONUT BALLS

- | | |
|-------------------------|---------------------------------|
| 1 7-ounce box coconut | 2 teaspoons butter or margarine |
| 1 cup pecans, chopped | 1 10-ounce package marshmallows |
| 1/3 cup evaporated milk | |
| 1 cup brown sugar | |

Brown coconut and pecans in broiler or oven. Combine brown sugar, evaporated milk and margarine in saucepan. Bring to rolling boil and boil 2 to 3 minutes, until it becomes thick syrup. Put saucepan in pan of hot water. Place marshmallow on long fork or ice pick. Dip in brown sugar-milk mixture, making sure marshmallow is coated. Roll in coconut-pecan mixture, shaping into a ball.

HEAVENLY HASH

- | | |
|---|---|
| 1 12-ounce package semi-sweet chocolate morsels | 2 cups chopped nuts |
| 1 14-ounce can sweetened condensed milk | 2 teaspoons vanilla extract |
| | 1 10 1/2-ounce package miniature white marshmallows |

In top of double boiler over boiling water, melt morsels with sweetened condensed milk. Remove from heat; stir in nuts and vanilla. Place marshmallows in large mixer bowl; fold in chocolate mixture. Drop from teaspoon onto waxed paper-lined baking sheet. Chill 2 hours or until firm. Store in tightly covered container. Makes about 64 candies.

PUMPKIN CANDY

- | | |
|--|------------------------------|
| 1 cup canned pumpkin | 1/2 teaspoon ground cinnamon |
| 1 cup sugar | 1/4 teaspoon ground cloves |
| 1 7-ounce packaged grated coconut (1 3/4 cups) | |

In 2-quart saucepan, combine pumpkin, sugar, 1 1/4 cups of the coconut and the spices. Cook and stir over medium high heat until mixture pulls away from the sides of the pan, about 18 to 20 minutes. Turn mixture onto buttered platter. Cool; shape mixture into balls or oblong shapes using about 2 teaspoons for each. Roll balls in the remaining 1/2 cup coconut to coat. Cover and store in refrigerator. Makes 2 1/2 dozen balls.

PEANUT BRITTLE

- | | |
|--------------------------------|-----------------------------------|
| 3 cups sugar | 2 tablespoons butter or margarine |
| 1 cup white corn syrup | 1 teaspoon salt |
| 1 cup water | 1 tablespoon soda |
| 2 1/3 cups raw Spanish peanuts | |

Cook sugar, corn syrup and water until it forms a hard ball in cool water or candy thermometer registers 250° F. to 260° F. Add unblanched peanuts and continue to cook until the mixture turns a golden brown or candy thermometer registers 300° F. Remove from heat and stir in butter or margarine and salt. Stir in soda. Pour on a greased slab and pull out to thin sheet. Break into pieces when cold.

CARAMEL BARS

- | | |
|--|---|
| 1 1/4 cups flour | 3/4 cup margarine, melted |
| 1 cup quick oatmeal, uncooked | 1 jar (12.25-ounce) caramel topping |
| 3/4 cup light brown sugar, firmly packed | 1 package (6-ounce) semi-sweet chocolate pieces |
| 1/2 teaspoon soda | 1/2 cup walnuts or pecans, chopped |
| 1/4 teaspoon salt | |

Combine 1 cup flour, oatmeal, brown sugar, soda and salt. Mix well. pat into an ungreased 13" x 9" baking pan. Bake 10 minutes. Meanwhile stir caramel topping and remaining 4 tablespoons flour until well mixed. Remove pan from oven. Sprinkle on chocolate pieces and nuts. Drizzle on caramel mixture. Return pan to oven and continue baking 20 to 25 minutes until browned. Cool before cutting. Makes 36 bars.

BUTTERSCOTCH COOKIES

- | | |
|-------------------------------|---------------------------------|
| 1/2 pound butter or margarine | 2 cups flour |
| 1 box light brown sugar | 1 cup pecans or more if desired |
| 2 large or 3 small eggs | |

Cream butter and half of brown sugar together. Add one egg and cream until fluffy. Gradually beat in flour. Spread evenly in jelly roll pan. Beat the remaining egg slightly with fork and spread over mixture in pan. Sprinkle nuts evenly over the top, then do the same with the remaining sugar. Pat lightly until most of the brown sugar looks slightly moist. Bake at 350° F. for 15 to 20 minutes. Let cool before removing from pan. Spraying pan with non-stick product will make cookies easier to remove from pan.

PEANUT BUTTER FUDGE

- | | |
|---------------------|---------------------------------|
| 1 cup peanut butter | 1 1/4 cups non-fat milk, solids |
| 1 cup corn syrup | 1 1/4 cups confectioners sugar |

Mix and stir until well blended; then knead. Form into balls. Roll in confectioners sugar. May be garnished with nuts or chocolate chips.

COCONUT-MACADAMIA NUT BARS

Pastry Base

1/2 cup butter or margarine	1 1/4 cups sifted flour
1/2 cup brown sugar	1/4 teaspoon salt
1 egg	

Make pastry base by creaming butter; add sugar slowly. With constant beating add egg; continue beating until light and fluffy. Add flour, salt to butter-sugar mixture; blend well. Pat dough onto the bottom of a 9" x 12" pan. Bake at 350° F. for 15 minutes. Cool.

Filling

2 eggs	1/4 teaspoon salt
1 cup brown sugar	1/2 teaspoon baking powder
1 teaspoon vanilla	1 1/2 cups shredded coconut
2 tablespoons flour	1 cup chopped unsalted macadamia nuts

Combine ingredients for the filling; mix well. Pour over cooled pastry base. Bake at 350° F. for 20 minutes. Cool.

Frosting

1 1/2 cups powdered sugar	1 tablespoon lemon juice
2 tablespoons pineapple juice	

Spread with frosting made by blending powdered sugar with pineapple-lemon juice; add liquid gradually until icing is spreading consistency. Cut into 1" x 2" bars. Makes about 24 bars.

POPCORN BALLS (Light corn syrup)

5 quarts popped corn	1/2 cup light corn syrup
2 cups sugar	1 teaspoon vinegar
1 1/2 cups water	1 teaspoon vanilla
1/3 teaspoon salt	

Keep popcorn hot and crisp in slow oven, 300° F. to 325° F. Boil sugar, water, salt and corn syrup until it forms a hard ball. Add vinegar and vanilla and boil to light crack stage. Slowly pour over corn stirring well so that every kernel is coated. Press into balls and let stand in cool place until hard. Wrap in moisture-proof paper.

POPCORN BALLS (Molasses)

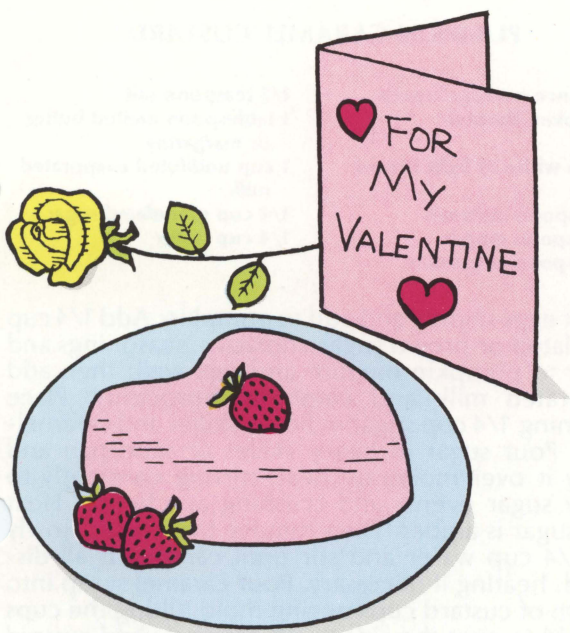
1 1/2 quarts popped corn	1/2 tablespoon butter or margarine
1/2 cup molasses	1/4 teaspoon salt
1/4 cup sugar	

Place popped corn in a large bowl. Cook molasses, sugar, butter or margarine and salt. Brittle threads form when syrup is dropped into cold water, 305° F. on candy thermometer. Pour hot syrup over popcorn

and stir vigorously until popcorn is thoroughly coated. Press popcorn lightly into balls. Dip hands in cold water. Insert colored or metallic string if popcorn balls are to be hung on the Christmas tree.



Desserts



BUÑUELOS

3 cups flour
1/4 teaspoon salt
1 teaspoon sugar
1 1/2 teaspoons shortening

3/4 cup water
1 egg
Mixture of cinnamon and sugar

Sift together flour, salt and sugar in a small bowl. Cut in shortening. Stir in egg and add water by teaspoons as needed. Gather moistened flour mixture into a ball. Divide ball into small patties and roll out with a rolling pin to about 4 inches in diameter. Stretch out by hand about 6 inches round. Drop in skillet with 2 1/2 cups of hot oil or shortening. Cook until golden brown. Remove and drain on paper towel. Sprinkle with cinnamon and sugar mixture.

HEAVENLY DESSERT

1 cup flour
1 cup pecans, chopped

1 stick butter or margarine

Press in bottom of baking pan. Bake at 350° F. for 20 minutes or until light brown. Cool

First Layer (Optional)

1 cup confectioners sugar
1 8-ounce package cream cheese

1 cup whipped topping

Mix together, spread on cooled crust.

Second Layer

2 packages instant pudding

2 cups milk

Mix until thick; spread over first layer.

Note: Top with whipped topping for a fancy dessert. For an extra fancy dessert, grate a chocolate bar over the whipped topping.

For added flavor, the cream cheese layer may be doubled. Pudding flavors may both be the same or one of each of two flavors.

HEAVENLY DESSERT

(Same as above with slightly different proportions)

Crust

1 cup flour
1 stick butter or margarine

1/2 cup nuts, chopped

Blend and press into 8" x 10" glass baking dish. Bake at 350° F. for 20 minutes or until light brown. Cool completely.

1 8-ounce package cream cheese

1/2 cup confectioners sugar
1 cup whipped topping

Combine cream cheese with whipped topping and confectioners sugar. Spread over cooled crust.

3 cups cold milk
1 package vanilla instant pudding mix

1 package chocolate instant pudding mix

Combine milk with instant pudding mixes; beat until thick. Spread over cheese layer. Top with rest of whipped topping from carton and sprinkle with chopped nuts. Refrigerate for 3 hours. Serves 12 to 15.

LOVE POTION

- | | |
|--|-------------------------------|
| 2 cups well drained fruit
(fresh, frozen or canned) | 2 cups sugar
Rum or brandy |
|--|-------------------------------|

Combine 2 cups fruit and 2 cups sugar in a 2-quart container. Add rum to cover fruit. Place a top on the container — not tightly. Store at room temperature for at least 1 month before using. A clear apothecary jar makes an ideal container. As you use fruit, add 1 cup canned peaches and 1 cup sugar to original starter. In 2 weeks, add 1 cup pineapple tidbits and 1 cup sugar. Two weeks later, add 1 cup maraschino cherries and 1 cup sugar. Share a cup of starter with a friend, telling her your fruit addition schedule. Great over vanilla ice cream and pound cake.

SPANISH FLAN

- | | |
|--------------------------------|---------------------------|
| 1 cup sugar | 2 cups water |
| 6 eggs, well beaten | 1 teaspoon almond extract |
| 1 can sweetened condensed milk | Whipped cream, optional |

Place sugar in large heavy skillet; caramelize by cooking over medium heat, stirring constantly with wooden spoon until sugar melts and turns golden brown. Pour and spread quickly on bottom and sides of ungreased 10" x 6" baking dish. Cool while preparing filling. In large bowl, combine eggs, sweetened condensed milk, water and extract. Pour into caramel-coated dish. Place in large, shallow baking pan; place on oven rack and fill second pan with 1 inch of hot water. Bake 1 hour at 325° F. or until knife inserted one-half inch from center comes out clean. Cool 2 hours. Loosen edges with spatula; carefully turn onto serving platter. Refrigerate until serving time. If desired, top with whipped cream before serving. Refrigerate any leftovers.

FRUIT MEDLEY

- | | |
|---|------------------------------|
| 1 pound dried prunes | 1 cup sugar |
| 1 1/2 cups dried apricots | 1/8 teaspoon nutmeg |
| 1 can pineapple chunks, undrained | 2 tablespoons cornstarch |
| 1 pound can pitted dark cherries, undrained | 1/4 cup Cointreau (optional) |
| Peel of 1/2 lemon, cut into thin strips | 2 cups water |
| | 1 tablespoon honey |

Put dried fruit into slow-cooking pot. Pour in water. Stir in sugar, honey, lemon peel and spices. Cover and cook on low heat for 2 to 3 hours. Turn control to high. Mix cornstarch in small amount of water; stir into fruit mixture. Cook on high for 10 minutes or until thickened. Add Cointreau. Serve warm or chilled. May be served as fruit compote or as topping for ice cream. Makes 6 to 8 servings.

PEACH MELBA

- | | |
|---------------------------------------|------------------------------|
| 1 10-ounce package frozen raspberries | 1/2 cup canned currant jelly |
| 1 1/2 teaspoon cornstarch | Peaches |
| | Ice cream |

Crush frozen raspberries and combine with cornstarch and jelly. Boil until thick. Cool. Add 1 peach half to each dessert dish; top with a scoop of ice cream. Drizzle top with raspberry sauce. Makes 8 to 10 servings.

PUMPKIN CARAMEL CUSTARD

- | | |
|---|---|
| 1 16-ounce package frozen pumpkin, thawed | 1/2 teaspoon salt |
| 2 eggs | 1 tablespoon melted butter or margarine |
| 1/4 cup white or light brown sugar | 1 cup undiluted evaporated milk |
| 1 tablespoon molasses | 1/4 cup granulated sugar |
| 1/2 teaspoon ginger | 1/4 cup water |
| 1/2 teaspoon cinnamon | |

Beat eggs slightly and add to pumpkin. Add 1/4 cup granulated or brown sugar, molasses, seasonings and butter to pumpkin mixture and mix well; then add evaporated milk and combine thoroughly. Place remaining 1/4 cup sugar in heavy skillet and caramelize it. Pour sugar in heavy skillet or saucepan and liquify it over moderate heat, stirring constantly to liquify sugar evenly and crushing any lumps. Heat until sugar is amber. Then remove from heat; slowly add 1/4 cup water and stir until caramel is all dissolved, heating if necessary. Pour caramel syrup into bottom of custard cups or ring mold, tilting the cups or mold to coat the sides with caramel. Add custard mixture and set cups or mold in pan of hot water. Bake at 350° F. about 35 minutes. A ring mold may require longer. Custard is done when a knife inserted into it halfway between the center and the edge of the custard comes out clean. Cool and unmold. The caramel runs down the sides of the custard and provides a sauce.

MERINGUE SHELLS

- | | |
|------------------------------|--------------------|
| 3 egg whites | 3/4 cup sugar |
| 1/2 teaspoon cream of tartar | 1 teaspoon vanilla |

Add cream of tartar to egg whites and beat until stiff. Start adding sugar 2 tablespoons at a time and beat about 2 minutes after each addition. Add vanilla and beat 2 minutes longer. Form in desired shape — Valentine (heart), round, square, rectangle — on brown paper (a paper sack is fine). Bake at 225° F. for 1 1/2 to 2 hours. turn off oven and leave until dry and crisp. Makes 6 to 8 large shells. Fillings: Ice cream, cherry pie filling.



Meats

TAMALES

Dough

4 cups masa harina or fresh corn masa
1 cup lard, melted
4 tablespoons red chili powder or paprika (for color)

1/2 cup water or broth
Salt to taste

Place masa or masa harina in mixing bowl; add lard and chili powder or paprika. Using fingers, mix well. Gradually add water and salt to taste. Blend well with fingers, using enough water to make the mush easily spreadable. Makes enough masa for 5 dozen tamales.

Filling

3 pounds coarsely ground beef and pork
3 tablespoons cooking oil
3 teaspoons salt
3 teaspoons chili powder
1 teaspoon garlic, minced

4 dried red chilies, boiled and sieved
1 teaspoon ground cumin
2 cups water
1 pound corn husks

Cook meat in oil until brown. Add salt and spices and mix well. Add water and cook for 45 minutes over low heat until excess water has cooked out of the meat. Clean and soak 1 pound corn husks in warm water for 30 minutes. Take out a few husks at a time and drain well. Spread lower half of each husk with approximately 2 tablespoons of the mush, smoothing it over the surface of the husk. Spoon 1 tablespoon meat filling lengthwise near the center of the mush. Roll the husk to enclose the filling. Fold over the unfilled half of husk to enclose one end of the tamale, leaving the other end open. Continue until all tamales are filled and rolled.

When ready to cook, cover the bottom of a large kettle with wet corn husks and arrange the tamales around the bottom of the kettle — closed end down — open end up. Place a small solid object in the center of the kettle to keep the tamales in an upright position. Add 1 quart of water or enough water to reach a depth of 2 inches. Cover the tamales with a wet cloth or damp corn husks. Put lid on kettle and cook gently for about 1 hour and 15 minutes, making sure that the liquid does not boil away. Add water if necessary to prevent scorching.

GREEN ENCHILADAS

1 can cream of chicken soup
1 small can evaporated milk
1/2 pound soft processed cheese
1 small can green chilies, chopped
1 small can pimientos

1 pound ground beef, lightly browned
1 dozen tortillas
1/2 pound Longhorn cheese, grated
1 cup onions, chopped

Heat soup, milk and processed cheese in top of double boiler until cheese is melted. Add chopped chilies and pimientos. Combine grated cheese, onions which have been cooked until clear, and meat. Fill each tortilla with meat mixture, roll tightly and place in long baking dish. Pour cheese sauce over tortillas. Cover with aluminum foil and bake at 350° F. for 30 minutes.

TURKEY PATTIES

2 cups finely chopped or ground cooked turkey
1/3 cup mayonnaise
1 tablespoon grated onion

1/2 teaspoon salt
Pepper
1 cup soft fine bread crumbs

Combine turkey, mayonnaise, onion, salt, a pinch of pepper and bread crumbs. Mix well and shape into 8 patties about an inch thick. Roll in bread crumbs. Place one-half inch apart on greased baking sheet and bake at 425° F. until heated through and browned, about 15 minutes. Place turkey patty in buttered round bun and serve.



BAKED CHICKEN BREASTS

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| 6 to 8 chicken breasts (may be skinned and boned if desired) | 1 can mushroom stems and pieces (4 ounces) OR 1 cup sliced fresh mushrooms sauteed in butter |
| 6 to 8 strips bacon | 1 can mushroom soup mixed with 1/2 soup can of milk |
| 1 package or jar of sliced dried beef (approximately 2 1/2 ounces) | |

Place dried beef slices in a saucepan of boiling water for a few seconds. Drain and rinse the beef slices in cold water. This prevents the completed dish from being too salty. Cover bottom of baking dish with beef slices. Wrap each chicken breast in a slice of bacon and place the chicken breasts on top of the beef. Pour mushrooms in their liquid and the soup mixture over all. Bake uncovered at 275° F. for 2 to 2 1/2 hours. Cover baking dish with foil the last 30 minutes if it becomes too dry. Good served with rice (especially with long grain and wild rice combination). You may wish to thin the gravy in the baking dish with additional milk to serve over the rice. Allow at least one chicken breast per person.

CHICKEN TETRAZZINI

- | | |
|---------------------|-----------------------------|
| 1 stewing chicken | 3 tablespoons butter |
| Salt | 1/2 pound Italian spaghetti |
| 1/4 pound mushrooms | |

Cream Sauce

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|-------------------------------------|--------------------------------|
| 3 tablespoons butter or chicken fat | 3 tablespoons flour |
| Pepper | 2 cups chicken broth, strained |
| | 1 cup heavy cream |

Cut chicken into 4 or more pieces. Place in stewing kettle and add approximately 1 quart hot water. Add salt (1/2 teaspoon per pound of chicken) and simmer until tender. Remove chicken from bone and cut into 1/2-inch pieces. Slice mushrooms and saute in butter over moderate heat until brown. Break spaghetti into small pieces and cook in large amount of salted water until tender. Make cream sauce using fat and flour, gradually adding hot chicken broth, stirring until smooth and boiling point is reached. Stir in cream. Divide sauce; add chicken to one half and cooked spaghetti and mushrooms to other half. Put spaghetti half into a baking dish, making a hole in the center for chicken mixture. Cover with grated Parmesan cheese and bake at 375° F. for 10 minutes or until lightly browned.

RICE AND APRICOT STUFFING

For 5-pound duck

- | | |
|--|-------------------------------|
| 3 tablespoons butter, margarine or other fat | 3 cups flaky, boiled rice |
| 1 cup chopped celery stalks and tops | 1/2 teaspoon savory seasoning |
| 1 sprig parsley, chopped | Salt to taste |
| 1 small onion, chopped | 1/4 pound dried apricots |

Cook celery, parsley and onion for a few minutes in the melted fat. Add to the rice and dry seasonings. Wash and dry the apricots, cut into strips with scissors, and mix with the rice and seasonings.

MEAT AND SPAGHETTI

- | | |
|--------------------------------|--|
| 4 pounds lean ground meat | 2 teaspoons chili powder |
| 2 large onions, finely chopped | 1/8 teaspoon sage |
| 2 tablespoons shortening | 1/4 teaspoon black pepper |
| 1 No. 2 can tomatoes | 1/4 teaspoon cayenne pepper |
| 1 can tomato puree | 2 tablespoons Worcestershire sauce |
| 1 clove garlic | 2 4-ounce cans mushrooms, small or stems |
| 6 whole cloves | 1 can English peas |
| 1/2 teaspoon celery salt | 2 12-ounce packages spaghetti |
| 20 stuffed olives | 1/2 pound grated American cheddar cheese |
| 3 bay leaves | |
| 1 teaspoon paprika | |
| 1/2 teaspoon parsley | |

Brown onions in shortening. Add meat and brown. Add remainder of ingredients except peas, spaghetti and cheese. Cook sauce slowly for 30 minutes to 1 hour. Add bouillon as needed. Partially cook spaghetti. Add spaghetti, meat mixture and peas to sauce. Arrange in casserole. Sprinkle top with cheese. Cook at 300° F. for 20 to 30 minutes or until cheese is melted. Serve hot. Sprinkle with cheese. Serves 20 to 25.

Pies



DOUBLE CRUST FOR 9" PIE

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|--------------------------|------------------------------|
| 3 cups all-purpose flour | 1 teaspoon lemon juice |
| 1 1/2 teaspoons salt | 1 large egg, slightly beaten |
| 1 cup shortening | 2 tablespoons sugar |
| 1/3 cup water | |

Sift together salt and flour. Cut in shortening with pastry blender. Sprinkle water and lemon juice over flour mixture and blend until the mixture forms a ball. Divide into 2 balls. Roll 1 ball out on floured pastry cloth and line the bottom of a 9" pie pan. Sprinkle bottom crust with sugar. Add pie filling. Roll top crust and cover the pie. Brush with egg white. Bake at 400° F. for 1 hour in a heavy brown paper bag until brown.

PRALINE-BOTTOM PUMPKIN PIE

- | | |
|--|---|
| 4 tablespoons butter or margarine | 1/3 cup granulated sugar |
| 1/2 cup toasted, chopped pecans | 1 to 2 teaspoons pumpkin pie spice |
| 1/3 cup packed brown sugar | 2/3 cup milk |
| 1 9-inch baked pastry shell | 1 5 1/3-ounce can (2/3 cup) evaporated milk |
| 1 2 1/4 to 4 1/2-ounce package no-bake custard mix | 1 16-ounce can (2 cups) pumpkin |

In small saucepan, melt butter or margarine. Stir in the 1/2 cup pecans and the brown sugar; cook and stir until mixture bubbles. Spread over bottom of baked pastry shell. Cool. In 2-quart saucepan, combine custard mix, granulated sugar and spice. Stir in milk, evaporated milk and pumpkin. Cook and stir until mixture bubbles. Cover and cool 10 minutes. Pour into pastry shell. Chill until firm. Garnish top with additional toasted pecans. May be served with whipped cream or topping if desired.

PUMPKIN OR SWEET POTATO CHIFFON PIE

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|--|--------------------------------|
| 1 16-ounce package frozen pumpkin, thawed, OR sweet potatoes | 1/2 cup milk |
| 1 tablespoon (1 envelope) unflavored gelatin | 1/4 teaspoon ginger |
| 1/4 cup cold water | 1/2 teaspoon nutmeg |
| 3 egg yolks | 1 teaspoon cinnamon |
| 2/3 cup sugar | 1/2 teaspoon salt |
| | 3 egg whites |
| | 9" pie shell, baked and cooled |

Soak gelatin in cold water about 5 minutes. Meanwhile beat egg yolks slightly; add 1/3 cup sugar, milk, pumpkin and seasonings and cook over hot water until mixture coats a spoon as for custard. Remove from heat; add softened gelatin, stirring until it is dissolved. Allow to cool until mixture begins to stiffen. Beat egg whites until foamy and gradually add remaining 1/3 cup sugar while continuing to beat until whites are thick and glossy, as for a meringue. Fold the partially set pumpkin mixture into egg whites, blending well. Pour into baked and cooled pie shell. If mixture is not stiff enough to stand up well in center of pie, chill 1/3 of it further before adding to pie. Chill pie until filling is firm. Yield: 9" pie.

MINCEMEAT PIE

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|--------------------------------|---|
| 1 2/3 cups mincemeat (1 pound) | 2 tablespoons lemon juice |
| 2 cups thinly sliced apples | Pastry for uncooked double crust 9" pie |
| 1/2 teaspoon grated lemon peel | |

Combine mincemeat, apples, lemon peel and juice; heat thoroughly. Pour into 9" pastry-lined pie pan. Add top crust. Sprinkle with a small amount of sugar and bake at 400° F. for 35 minutes.

PECAN AND DATE CREAM PIE

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|--------------------------|--------------------|
| 2 cups sugar | 3/4 cup pecans |
| 4 tablespoons flour | 1 cup dates, diced |
| 2 cups milk | 1 teaspoon vanilla |
| 4 eggs, beaten | Dash of salt |
| 3/4 to 1 stick margarine | Baked pastry shell |

Combine above ingredients in double boiler; cook until thickened. Pour into baked pie crust. Refrigerate. Garnish with whipped topping and whole pecan on top of each wedge. Note: A graham cracker crust may be used.

PECAN PIE

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|--------------------------|--|
| 3 eggs | 2 teaspoons melted butter or margarine |
| 1 cup sugar | 3/4 to 1 cup pecan halves |
| 3/4 cup white corn syrup | 1 teaspoon vanilla |
| 1/8 teaspoon salt | 1 8-inch pastry shell |

Beat eggs slightly. Beat in other ingredients. Pour into unbaked pastry shell. Bake at 350° F. for 45 to 50 minutes.

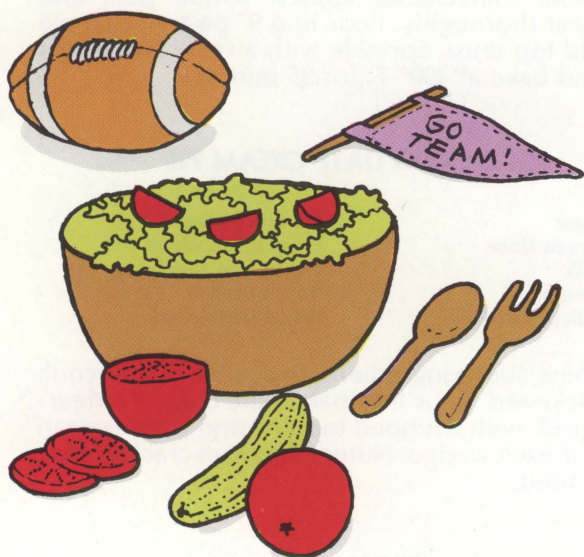
ICE CREAM PIE

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|--|---|
| 12 chocolate cookies | 1 or 2 pints ice cream, slightly thawed (strawberry, vanilla or peppermint) |
| 3/4 cup nuts, chopped | |
| 1/4 cup butter or margarine | |
| 1 10-ounce package frozen strawberries, thawed | |

Roll cookies; add nuts and blend in butter. Press in pie pan. Cook at 350° F. for 10 minutes. Cool. Drizzle with strawberries. Add a layer of ice cream and drizzle with strawberries. Add a second layer of ice cream and drizzle again with strawberries. Cover with foil and freeze. Makes 6 to 8 servings.



Salads



MARINATED CAULIFLOWER SALAD

- 1 1/2 cups fresh cauliflower buds
- 1 cup bean sprouts, fresh or canned
- 1/2 cup sliced fresh mushrooms
- 1/2 cup water chestnuts, thinly sliced
- 1 cup shredded cabbage
- 1/4 cup chopped green onions

- Dressing:**
- 1/2 cup red wine vinegar
 - 1 tablespoon hot mustard
 - 1/2 cup olive oil
 - 1/2 cup vegetable oil
 - 1 teaspoon salt
 - Freshly ground pepper

Wash and drain fresh bean sprouts. If bean sprouts are canned, drain thoroughly. Combine with remainder of vegetables. Mix together remaining ingredients. Add to vegetables and toss. Serve on lettuce leaf.

CUCUMBER MOUSSE

- 1 6-ounce package lime gelatin (dissolve in 2 cups hot water; add 2 cups cold water)
- 5 tablespoons plain gelatin (dissolve in 1 cup cold water; add to hot mixture)
- 7 tablespoons cider vinegar

- 5 cucumbers, peeled and grated
- 2 onions, grated
- 2 green peppers, finely chopped
- 4 cups sour cream
- 2 cups mayonnaise
- Seasoned salt

Mix all ingredients; pour into greased molds. Makes 38 servings.

CRANBERRY SALAD MOLD

- 2 3-ounce packages cherry flavored gelatin
- 3 cups hot water
- 1 cup pineapple syrup
- 1 1/2 cups sugar
- 1 20-ounce can crushed pineapple

- 1 3/4 cups raw cranberries
- 1 apple, unpeeled
- 1 orange, peeled
- 1/2 cup pecans

Dissolve gelatin in hot water; add sugar and pineapple syrup. Stir; chill until syrupy. Add ground raw cranberries, ground orange, ground apple and drained crushed pineapple. Add pecans and also sprinkle some on top. Chill thoroughly. Makes about 20 servings.

FRUIT SALAD

Dressing

- 1 large carton of whipped topping
- 1/2 package strawberry gelatin

- 4 tablespoons pineapple juice

Fruit

- 1 cup oranges, drained
- 1 cup pineapple, drained
- 1/2 cup maraschino cherries quartered

- 1/2 cup pecans
- 1/2 cup miniature marshmallows
- 1 apple, diced
- 1 banana, sliced

Toss dressing with fruits and refrigerate overnight to blend flavors thoroughly.

GERMAN POTATO SALAD

- 7 large potatoes, boiled in jackets
- 6 slices bacon, diced
- 1 cup hot water

- 1 beef bouillon cube
- 1 1/2 tablespoons vinegar
- Salt and pepper to taste

Peel and dice potatoes while warm. Fry bacon to light brown; remove some of bacon grease. Add onion, saute 2 minutes. Stir into potatoes until all are coated. Dissolve bouillon cube in hot water; add vinegar, salt and pepper. Mix into potatoes. Let stand in warm place 2 hours; stir occasionally. May be prepared day before and heated before serving. Serves 6 to 8.

GUACAMOLE SALAD

- 2 ripe avocados
- 3 tablespoons onion (minced)
- 1 tablespoon lemon juice
- 1 tablespoon mayonnaise
- 2 drops hot pepper sauce

- 1/2 teaspoon salt (to taste)
- Pinch of garlic powder
- 2 tomatoes
- 1 cup taco flavor tortilla chips

Peel and mash avocados. Add minced onion, lemon juice, pepper sauce, mayonnaise, salt and garlic powder. Serve on tomato wedges, garnished with taco flavor tortilla chips. Serves 4.

TURKEY SALAD

4 cups diced, cooked turkey	2 cups mayonnaise or salad dressing
4 cups diced, crisp celery	Salt
Lemon juice	
Pepper	

Combine turkey, celery and mayonnaise. Season to taste with salt, pepper and lemon juice. Refrigerate and use as a salad or sandwich filling.

MARINATED SALAD

1 cup vinegar	1 green pepper, finely chopped
1 cup sugar	1 red onion, thinly sliced
1/2 cup salad oil	1 2-ounce jar chopped pimiento, drained
1 16-ounce can French-style beans, drained	1 cucumber, thinly sliced
1 8-ounce can peas, drained	3 stalks celery, chopped
carrots, thinly sliced	

Bring vinegar to a boil in a small saucepan; stir in sugar and oil. Cool slightly. Combine remaining ingredients. Add vinegar mixture. Cover and refrigerate overnight. Yield: 10 to 12 servings.

CAULIFLOWER SALAD

4 cups cauliflower buds	Dressing:
1 cup chopped pitted ripe olives	1/2 cup salad or olive oil
3 cup coarsely chopped green pepper	3 tablespoons lemon juice
1/2 cup chopped pimiento	3 tablespoons wine vinegar
1/2 cup chopped onion	2 teaspoons salt
	1/2 teaspoon sugar
	1/4 teaspoon pepper

Combine cauliflower, olives, green pepper, pimiento and onion. Put salad dressing ingredients in jar with cover. Shake until well blended. Pour over cauliflower mixture and cover. Refrigerate 4 hours or overnight. Serve on lettuce leaves. Makes 8 to 10 servings.

PINEAPPLE-ORANGE SALAD

1 20 1/2-ounce can pineapple tidbits, drained	1 16-ounce can pitted light sweet cherries, drained
3 egg yolks	1 11-ounce can mandarin oranges, drained
2 tablespoons sugar	1/4 cup maraschino cherries, drained
2 tablespoons vinegar	2 cups miniature marshmallows
1 tablespoon butter or margarine	1 cup whipping cream, whipped
Dash of salt	

Drain pineapple, reserving 2 tablespoons syrup. In top of double boiler, beat egg yolks slightly; add reserved syrup, sugar, vinegar, butter and dash of salt. Place over hot, not boiling, water. Cook, stirring constantly until mixture thickens slightly and barely coats a spoon (about 12 minutes). Cool to room temperature. Combine well-drained fruits and marshmallows. Pour custard over and mix gently. Fold in whipped cream. Turn into serving bowl. Cover and chill 24 hours. Serves 6 to 8.

SHRIMP SALAD

1 1/2 pounds cooked shrimp (deveined)	3/4 cup celery, diced
1 cup avocado, cut up	Remoulade dressing

Chill and serve on lettuce leaves.

Remoulade Dressing

4 hard-cooked eggs	2 teaspoons anchovy paste
1 teaspoon mustard	1/4 teaspoon Worcestershire sauce
2 tablespoons parsley, chopped	1 cup mayonnaise
2 tablespoons green pepper, chopped	8 stuffed olives, chopped
1 teaspoon grated onion	

MEXICAN SALAD

1 head lettuce	10 green or black small olives, sliced
2 medium size tomatoes	1 can ranch style beans
1 small onion, chopped	1 5 1/2-ounce bag corn chips
1 medium green pepper, chopped	1 small jar processed cheese spread, regular or jalapeno
10 small radishes, sliced	

Tear lettuce leaves. Cut tomatoes into wedges. Add onion, pepper, radishes and olives. Rinse can of ranch style beans. Pour into salad. Crush corn chips. Toss into salad. Melt cheese spread and pour over salad immediately before serving. May use French dressing instead of processed cheese spread. Serves 12 to 15.

MARINATED BLACKEYED PEA SALAD

1 16-ounce bag frozen blackeye peas	1/4 teaspoon ground hot, red pepper
1/2 cup cider vinegar	1/2 cup thinly sliced scallion, green tops included
1/2 cup olive or salad oil	1/2 cup slivered green pepper
2 teaspoons salt	
1/2 teaspoon dry mustard	

Cook blackeyed peas according to package directions; drain and cool. Stir in vinegar; add oil, salt, mustard, sugar and red pepper; mix thoroughly. Add scallions and green pepper and mix lightly. Cover and chill. To serve, turn salad into serving bowl or platter; ring outside edge with tomato. If desired, line serving bowl with lettuce before adding blackeyed peas and tomato. Yield: 6 servings.

OVERNIGHT SALAD

3 eggs, beaten	1 can Royal Anne cherries, pitted
3 tablespoons sugar	1 can pears
3 tablespoons lemon juice	1 cup whipping cream, whipped
1/2 package miniature marshmallows	
1 medium can pineapple chunks	

Combine eggs, sugar and lemon juice; cook until a thick custard. Cool. Mix fruits with marshmallows; fold in cooled dressing. Whip cream and add to mixture. Let set 24 hours. Serves a large group of people.

RAW CRANBERRY SALAD

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|---------------------------------------|---------------------------|
| 2 packages raspberry flavored gelatin | 1 cup celery, chopped |
| 3 cups water | 1 cup nuts, broken pieces |
| 1 pound cranberries, ground | 1 cup sugar |
| 2 oranges with rind, seeds removed | |

Grind 2 oranges, rind and all (seeds removed) in food chopper. Add celery, nuts and sugar. Make gelatin; let cool. Add mixture all together in gelatin.

SAUERKRAUT SALAD

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|---------------------------------------|-------------------------------|
| 1 jar (quart-size) sauerkraut drained | 1/2 cup onion, finely chopped |
| 1 cup green pepper, finely chopped | 1 cup celery, chopped |

Combine:

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|--------------------------|--|
| 1/2 cup granulated sugar | 1/2 cup vinegar, white or as preferred |
| 1/2 cup brown sugar | |
| 1/2 cup vegetable oil | |

Mix well; cover and refrigerate at least 24 hours. Will keep several weeks.

Sandwiches



Party sandwich fillings and sandwiches ideas:

- Roast beef and mustard
- Smokey turkey and curried butter
- Ham, cheese and butter
- Shrimp and cucumber
- Cream cheese and candied ginger
- Cheese and chutney
- Ham and biscuits
- Egg salad and chives
- Apricot bread and butter
- Dates and bacon
- Dates and cream cheese

CURRY-EGG SANDWICHES

- | | |
|------------------------------|-------------------------------------|
| 20 hard-cooked eggs, chopped | 4 teaspoons salt |
| 2 cups black olives, sliced | 1 teaspoon pepper |
| 2 1/2 teaspoons curry powder | 1 1/2 cups mayonnaise |
| | 2 loaves thin-sliced sandwich bread |

Mix all ingredients. Blend well. Refrigerate at once. Makes about 50 party sandwiches.

CHICKEN LIVER SANDWICHES

- | | |
|-----------------------------------|------------------------|
| 1/2 pound chicken livers | Dash of hot sauce |
| 1/2 cup milk | 1 teaspoon onion juice |
| 1/4 pound butter or margarine | 1/2 pound bacon |
| 1/2 pound mushrooms, chopped fine | Rye bread rounds |

Soak chicken livers in milk for a few minutes; drain. Melt butter or margarine; add chicken livers and saute at medium heat for about 20 minutes. Remove, cool and mince. Add mushrooms to butter and cook 5 minutes. Mix with livers. Season with salt, pepper, hot sauce and onion juice. Dice bacon in small pieces and cook until crisp. Drain. Pile the chicken livers high on buttered rye bread rounds; sprinkle with bacon. Makes about 30 small open-face sandwiches.

CHEESE AND BACON SANDWICHES

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|---------------------------------------|--|
| 1 cup grated Swiss cheese | 1/2 cup crumbled, crisp bacon (about 6 slices) |
| 1/4 cup butter or margarine, softened | 1 loaf thin-sliced pumpernickel bread |
| 1/4 cup hot mustard | Watercress |

Fry bacon and drain well, crumble. Mix cheese with butter and mustard. Blend thoroughly. Cut the bread into desired shapes. Spread bread generously with mixture. Garnish with leaf of watercress. Makes 40 small open-face sandwiches.

CURRIED CHICKEN SALAD SANDWICHES

- | | |
|--|---|
| 4 cups finely chopped white meat of cooked chicken | 1 cup sour cream |
| 2 cups toasted blanched almonds, chopped fine | 4 teaspoons curry powder |
| 4 teaspoons grated onion | 2 teaspoons salt |
| 1/2 cup chopped celery | 1/2 to 3/4 cup finely chopped chutney |
| 1 cup mayonnaise | 1 bunch parsley |
| | 3 loaves deocrusted, thin-sliced party cheese bread |

Combine all ingredients except chutney and parsley and chill several hours. Cut the bread into rounds with a 1 1/2-inch cutter. Cover the bread with a moist towel to keep it soft until ready to use. Spread the rounds generously with curried chicken. Garnish with a dot of chutney and a sprig of parsley on each round. Makes about 100 open-face sandwiches.

PINEAPPLE CREAM CHEESE SANDWICHES

- | | |
|--|--------------------|
| 2 pounds cream cheese,
softened | 2 loaves rye bread |
| 1 cup crushed pineapple,
well drained | |

Cream the cheese until soft. Add pineapple and mix well. Decrust the bread and cut into desired shapes. Spread the bread generously with cheese mixture. Makes about 100 small open-face sandwiches.

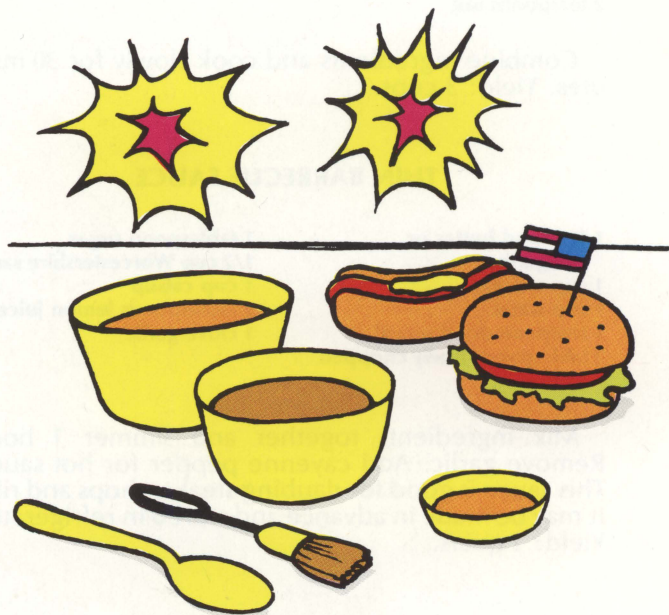
WATERCRESS SANDWICHES

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|---|-------------------------------|
| 2 cups butter or margarine
softened | 1/8 teaspoon pepper |
| 2 1/2 teaspoons grated onion | 1 to 2 bunches watercress |
| 1 1/2 teaspoons Worcester-
shire sauce | 24 slices thin sandwich bread |

Cream butter or margarine. Add onion, Worcestershire sauce, salt and pepper; mix well. Wash the watercress; break off the stems and separate into individual stems. Spread about 1 tablespoon of the butter mixture on each slice of bread. Cut the bread into 2 equal pieces. Roll one piece of bread around one stem of watercress. Keep the sandwiches covered with a damp cloth in the refrigerator until ready to serve. Makes 48 rolled sandwiches.



Sauces



BARBECUE SAUCE FOR CHICKEN

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|---|------------------------------|
| 1 pound butter or margarine | 1/2 cup Worcestershire sauce |
| 1/2 cup lemon juice or
vinegar | 1/8 teaspoon pepper |
| 2 tablespoons sugar | 1 tablespoon pickling spice |
| 2 cups tomato catsup or
tomato sauce | |

Melt butter or margarine and add sugar, catsup or tomato sauce, Worcestershire sauce and pepper. Add spices tied in a bag and bring to full boil. Remove spice bag. If a less rich sauce is preferred, reduce butter or margarine to 1/2 pound and add 1 cup beef or chicken broth. Store in refrigerator. Yield: Approximately 5 cups.

SMOKY BARBECUE SAUCE

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|---------------------------------------|---|
| 1/4 cup brown sugar | 1 medium-sized onion, finely
chopped |
| 1/4 cup vinegar | 1/4 cup salad oil |
| 2/3 cup catsup | 2 tablespoons liquid smoke |
| 1/3 cup water | 1/4 teaspoon coarsely ground
pepper |
| 2 tablespoons soy sauce | 1/4 teaspoon cayenne pepper |
| 2 tablespoons Worcestershire
sauce | 1 1/2 teaspoons salt |
| 1 tablespoon prepared
mustard | |

Mix all ingredients in saucepan and simmer slowly 30 minutes. Yield: 2 cups.

TEXAS BARBECUE SAUCE

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|--------------------------------|------------------------------------|
| 1/4 cup sugar | 2 teaspoons paprika |
| 1/4 cup Worcestershire sauce | 1/4 teaspoon pepper |
| 2 tablespoons prepared mustard | 2 cloves garlic, peeled and minced |
| 1 1/2 cups vinegar | 2 medium onions, chopped finely |
| 1 cup catsup or tomato paste | |
| 2 teaspoons salt | |

Combine ingredients and cook slowly for 30 minutes. Yield: 3 cups.

THIN BARBECUE SAUCE

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| 1/2 pound butter or margarine | 1 tablespoon sugar |
| 1 cup vinegar | 1/2 cup Worcestershire sauce |
| 1 cup water | 1 cup catsup |
| 1 teaspoon dry mustard | 2 tablespoons lemon juice |
| 2 tablespoons finely chopped onion | 1 clove garlic |

Mix ingredients together and simmer 1 hour. Remove garlic. Add cayenne pepper for hot sauce. This sauce is good for daubing steaks, chops and ribs. It may be made in advance and stored in refrigerator. Yield: 1 quart.

THICK BARBECUE SAUCE

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| 2 small onions, finely chopped | 1 teaspoon chili powder |
| 2 tablespoons vinegar | 3/4 cup water |
| 2 tablespoons Worcestershire sauce | 3/4 cup catsup |
| | 1 teaspoon salt |

Mix all ingredients in stew pan. Cover and simmer 20 minutes. Keep in covered container in refrigerator to be used as needed. Yield: 1 1/2 cups.



Vegetables



EGGPLANT CASSEROLE

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| 1 pound eggplant | 2 cloves garlic, mashed |
| 1 pound zucchini | Salt and pepper to taste |
| 1/4 to 1/2 cup olive oil, as needed | Red tomatoes, peeled, seeded, and juiced to make 1 1/2 cups pulp |
| 1 1/2 cups yellow onions, thinly sliced | Salt and pepper |
| 1 cup green pepper, sliced | 3 tablespoons parsley, minced |

Peel eggplant; cut into lengthwise slices 3/8-inch thick, about 3 inches long and 1 inch wide. Scrub zucchini; slice off the two ends; cut into slices about the same size as eggplant slices. Place vegetables in a porcelain or stainless steel bowl; toss with 1 teaspoon salt. Let stand for 30 minutes. Drain. Dry each slice in a towel. Sauté eggplant and then zucchini in 1/4 cup hot olive oil, one layer at a time, for about 1 minute on each side to lightly brown. Remove to a side dish. In the same skillet, cook onions and peppers slowly in olive oil for about 5 minutes, or until tender but not browned. Add olive oil as needed. Stir in the garlic and season to taste. Slice tomato pulp into 3/8-inch strips. Lay tomato strips over onions and peppers. Season with salt and pepper. Cover skillet and cook over low heat for 5 minutes or until tomatoes have begun to render their juice. Uncover; baste tomatoes with the juices, raise heat and boil for several minutes until juice has almost entirely evaporated. Place a third of the tomato mixture in the bottom of a 2 1/2-quart casserole; sprinkle with 1 tablespoon pars-

...y. Arrange half of eggplant and zucchini on top; then add half the remaining tomatoes and parsley. Put in rest of eggplant and zucchini; finish with remaining tomatoes and parsley. Cover casserole and simmer over low heat for 10 minutes. Uncover; tip casserole and baste with rendered juices. Correct seasoning, if necessary. Raise heat slightly; cook uncovered for about 15 minutes more; baste several times until juices have evaporated leaving a spoonful or two of flavored olive oil. Be careful of the heat; do not let the vegetables scorch in the bottom of the casserole. Set aside uncovered. Reheat slowly at serving time, or serve cold. Makes 8 to 10 servings.

ORANGE SWEET POTATOES

2 medium sweet potatoes	1/4 cup sugar
1/4 cup butter or margarine	1 teaspoon salt
2 teaspoons orange rind, grated	1/4 teaspoon pepper
1/4 cup orange juice	1 teaspoon cinnamon
1 egg, slightly beaten	1/2 teaspoon nutmeg

Scrub and boil potatoes for 20 minutes or until tender; peel and mash thoroughly. Add butter, orange rind and juice, egg, salt, pepper, cinnamon and nutmeg. Mix thoroughly. Pile into greased 1 1/2-quart casserole; dot with additional butter. Bake at 350° F. for 20 minutes or until slightly browned. Garnish with orange peel.

POTATO MEDLEY

2 pounds or 4 large potatoes, peeled, quartered	6 medium green onions, cut into 1/8-inch slices
4 cups or 1 medium head green cabbage, finely shredded	1 teaspoon salt
1/4 cup butter or margarine	Pepper, freshly ground
1 cup milk, lukewarm	1 tablespoon parsley, finely chopped

Put potatoes in boiling, lightly salted water to cover 2 inches; boil until tender, but not falling apart. Place cabbage in a separate pot; cover with boiling water. Boil, uncovered, about 5 minutes until crisp-tender. Drain cabbage. Melt half the butter in a heavy 8- to 10-inch skillet. Add the cabbage; cook for 2 or 3 minutes, stirring constantly. Remove from heat and cover pan. Drain potatoes; return to pan; shake pan over low heat until potatoes are dry. Put potatoes through a potato ricer or electric blender. Beat remaining butter into potatoes with 1/2 cup of milk added 2 tablespoons at a time. Potatoes should be thick enough to hold shape in a spoon. Add milk as needed for this consistency. Place onions in a small bowl; cover with boiling water; allow to stand 2 to 3 minutes to set color. Drain thoroughly. Add cabbage and onions to potatoes, stirring carefully to combine. Pour in hot serving bowl; sprinkle with parsley. makes about 6 to 8 servings.

EXTRA SPECIAL POTATOES

6 medium-size potatoes, peeled	4 eggs
6 slices bacon	1 teaspoon salt
1/2 cup onions, finely chopped	1/4 freshly ground pepper

Put potatoes in boiling salted water to cover 1 inch. Boil until almost tender. Drain potatoes; place back over heat for a few minutes to evaporate excess moisture. Cut potatoes into 1/8-inch thick slices. Fry bacon over medium-low heat until crisp; turn bacon as needed. Drain crisp bacon slices on paper toweling. Crumble bacon into bits. Pour off all but 1/4 cup bacon drippings from frying pan; add onions; cook over medium heat until soft and translucent but not brown; stir frequently. Reserve extra bacon drippings for later use. Carefully add potato slices; mix gently with onions; slide potatoes around until all lie flat. Cook over medium heat until the bottom side of the potatoes is golden brown. Carefully slide a spatula around the sides of the skillet, loosening potatoes, but do not break up brown crusted bottom of potatoes. Remove frying pan from heat. Invert a plate over frying pan; turn plate and frying pan over together to have potatoes on plate. Add several tablespoons of bacon drippings to frying pan; carefully push potatoes back into frying pan; cook over moderate or medium heat for several minutes; reduce heat to low. Beat together eggs, salt and pepper. Pour over potatoes; sprinkle bacon bits on top. Cover frying pan; cook over low heat until eggs are cooked (firm to the touch). Serve at once, directly from the frying pan. Makes 6 to 8 servings.

MARINATED CARROTS

2 cans sliced carrots	1 tablespoon mustard
1 medium onion, diced	1/2 teaspoon salt
1 small green pepper, diced	1/2 teaspoon pepper
1 can undiluted tomato soup	1 tablespoon Worcestershire sauce
1/2 cup salad oil	1/4 cup vinegar
1 cup sugar	

Drain carrots. Combine rest of ingredients and pour over carrots. Let set several hours in refrigerator. Drain off liquid and garnish with pepper slices.

ONION SUPREME

1 can cream of mushroom soup	1/3 cup chopped walnuts
1 No. 2 can whole onions	1/4 cup pimiento strips
	1/4 cup grated cheese

Combine soup, drained onions, walnuts and pimiento. Put in a baking dish and sprinkle with cheese. Bake at 350° F. for 30 minutes or until cheese is melted. Makes 6 servings.

Variations: Use asparagus or green beans instead of onions.



SWEET AND SOUR GREEN BEANS

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| 4 cups cooked or canned green beans (preferably cut French style) | 1/4 cup water |
| 1 large onion, sliced paper thin | 1/2 cup sugar |
| 2 cloves garlic, sliced | 2 tablespoons salad oil |
| 1/2 cup vinegar | Salt and pepper |
| | 1/2 teaspoon monosodium glutamate |

Combine beans, onion and garlic in a bowl large enough to permit ingredients to be tossed. Heat vinegar, water and sugar together until mixture boils. Stir to dissolve sugar. Remove from heat; add salad oil; pour over beans, onion and garlic. Season with salt, pepper and monosodium glutamate. Toss gently until ingredients are well mixed. Serve hot or cover and chill several hours or overnight before serving. Serves 6.

ORIENTAL GREEN BEANS

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| 2 packages frozen green beans | 1 can cream of mushroom soup |
| 2 tablespoons butter or margarine | 1/2 soup can milk |
| 2 tablespoons minced onion | 1/2 cup shredded cheddar cheese |
| 1 package bean sprouts | 1 can french fried onion rings |
| 1 can water chestnuts, drained | |

Layer green beans, bean sprouts and water chestnuts in baking dish. Combine cream of mushroom soup, milk, butter, cheese and onion; pour sauce over layered vegetables. Put onion rings on top. Bake at 350° F. for 25 minutes.

WHOLE GREEN BEANS AMANDINE

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| 4 cups water | 1 cup sliced almonds |
| 1 1/2 teaspoons salt | 1/4 cup butter or margarine, melted |
| 3 16-ounce cans whole green beans | 2 tablespoons lemon juice |

Heat beans in their liquid, drain. Saute almonds in butter or margarine. Stir in lemon juice and toss with the beans. Serve hot. Makes 6 servings.

SPECIAL BROCCOLI

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|------------------------------------|---------------------------------|
| 1 10-ounce package frozen broccoli | 1/4 cup peanut butter |
| 1/2 cup mushroom soup | 1/4 cup chopped onions |
| 1/2 cup shredded sharp cheese | 1 egg, slightly beaten |
| 1/4 teaspoon salt | 1/4 teaspoon black pepper |
| 1/2 cup mayonnaise | 1/2 cup chopped roasted peanuts |

Cook broccoli according to package directions, but cook only 5 minutes and drain. Combine remaining ingredients and mix with broccoli. Place in a 1-quart buttered casserole. Cover with chopped roasted peanuts and bake at 350° F. for 40 minutes in uncovered dish. Serves 6.

SUMMER SQUASH WITH ONION AND CHEESE

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| 2 large summer squash (about 3/4 pound each) | 1 1/2 cups onions, finely chopped |
| 2 3/4 pounds zucchini or other summer squash | 1/3 cup plus 2 tablespoons freshly grated Parmesan cheese |
| 5 tablespoons butter, cut in 1/4" bits | Freshly ground pepper |

Wash squash under cold running water; drain. Cut lengthwise in halves. Drop squash into enough lightly salted boiling water to cover completely; cook briskly for about 15 minutes or until tender. Drain squash. When cool enough to handle, remove from water and discard seeds. Hollow out each half with a small spoon to make boat-like shells about 1/4" thick. Set shells aside on paper towels to drain completely; chop the scooped-out pulp coarsely. Melt 1/4 cup butter in skillet over moderate heat. When foam begins to subside, drop in onions; stir frequently. Cook for about 5 minutes until onions are soft and transparent but not brown. Watch carefully to prevent burning. Add chopped squash, 1/3 cup of cheese, salt and a few grindings of pepper. Still stirring, cook briskly until most liquid has evaporated and the mixture is thick enough to hold its shape lightly with a spoon. Fill 4 squash shells with onion mixture; pat in firmly. Arrange shells side by side in a shallow baking dish; dot tops with the butter bits. Sprinkle squash with remaining cheese. Bake at 350° F. for 20 minutes or until golden brown. Serve hot from the baking dish. Serves 4.

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**Editor: Shirley E. Bovey, Extension
communications specialist, The Texas A&M
University System.**



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